



## The Joy of Living and Dying in Peace

*His Holiness the Dalai Lama*

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# **The Joy of Living and Dying in Peace**

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## **The Joy of Living and Dying in Peace His Holiness the Dalai Lama**

A third volume in the Library of Tibet series which looks at the universal questions of how we can achieve meaningful lives and peaceful deaths. The Dalai Lama advises the reader to cultivate compassion and positive thoughts and actions, and the book gives guidance on doing this.



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