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Autore	Lama Dalai <1935->
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Sommario/riassunto	Based on the Dalai Lama's talks in London this ebook addresses the current difficulties facing humanity including: racial hatred, gender and environmental protection. Modern life is so full of confusion and suffering that people need the courage to face their anger and hatred, in order to transform their lives and relationships. This ebook describes in a clear and simple style how to live and die well and how to bring wisdom and compassion into our everyday lives. 'Genuine compassion is based on a clear acceptance or recognition that others, like oneself, want happiness and have the right to overcome suffering. On that basis one develops concern about the welfare of others, irrespective of one's attitude to oneself. That is compassion.' The Dalai Lama