



## The Essence of Happiness: A Guidebook for Living

His Holiness the Dalai Lama, Howard C. Cutler

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The Essence of Happiness: A Guidebook for Living His Holiness the Dalai Lama, Howard C. Cutler

The Dalai Lama inspired millions around the world with his wisdom and compassion in *The Art of* Happiness. Now, in The Essence of Happiness, further moving insights from His Holiness are here.

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