



# **The Wisdom of Compassion: Stories of Remarkable Encounters and Timeless Insights**

*Victor Chan, H. H. Dalai Lama*

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*The Wisdom of Compassion* offers rare insights into the Dalai Lama's life and his efforts to translate compassion into action through deeply engaging, behind-the-scene stories about his interactions with remarkable people from all walks of life.

This is the Dalai Lama at his most human, and most humane. We see how he approaches the world with playfulness, optimism, and a profound empathy for the suffering of others. Through his own conduct, he shows us the tangible benefits of practicing kindness, forgiveness and compassion. And he demonstrates that opening our hearts and minds to others is the surest path to true happiness.

*The Wisdom of Compassion* is an intensely personal portrait of the Dalai Lama. It recounts the story of his friendship with a blind Irishman, how they first met and how in later meetings the Dalai Lama comes to call him his one and only hero. It explores the Dalai Lama's collaboration with a neuroscientist and how it results in significant discoveries about the human brain. It also brings to life poignant accounts of his uncommon encounters with a little beggar girl, a disabled boy in a critical care ward, a man who trains grandmothers to become solar engineers, and many others.

The Dalai Lama's wisdom principles revolve around the practical application of compassion. Enhanced by his seven decades of practice and elucidated through captivating anecdotes of his own experiences, they will help readers lead more fulfilling lives. As the Dalai Lama has written many years ago: if you want others to be happy, practice compassion; if you want yourself to be happy, practice compassion.

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