

Widening the Circle of Love

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Reviews

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(Prof. Griffin Murphy)

WIDENING THE CIRCLE OF LOVE



Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Widening the Circle of Love, Dalai Lama XIV, Jeffrey Hopkins, Jeffrey Hopkins, From the teachings of the world-renowned Buddhist leader, His Holiness the Dalai Lama, comes a practical, seven-step guidebook for developing your love for others and transforming each and every one of your relationships in life. Widening the Circle of Love offers readers a simple and illuminating programme for transforming self-centred energy into outwardly directed concern. Basing his views on the human capacity to improve, and drawing on exercises and techniques established in India and then refined in Tibetan monasteries over more than a thousand years, the Dalai Lama's teachings are supremely relevant to our lives today: *The First Step: Recognising Friends *The Second Step: Appreciating Kindness *The Third Step: Returning Kindness *The Fourth Step: Learning to Love *The Fifth Step: The Power of Compassion *The Sixth Step: Total Commitment *The Seventh Step: Using the above in the service of others. Filled with personal anecdotes from His Holiness's own experiences, as well as centuries-old wisdom, Widening the Circle of Love is a major book which will rival the Dalai Lama's seminal - and bestselling - The Art of Happiness in offering us an accessible, practical path towards personal growth.

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