



Path of Wisdom, Path of Peace: A Personal Conversation

His Holiness the Dalai Lama, Felizitas von Schorborn

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This is a unique book of the Dalai Lama's thought on how he sees himself, Buddhism, the world at war, the meaning of freedom, busy modern life, its challenges and how to master them.

In his inimitable style of humorous simplicity His Holiness looks at everyday problems and puts them in a wider context, making clear their global significance. The book provides an excellent and wide-ranging introduction and overview to the Dalai Lama's philosophy of life, his thoughts and beliefs, and also gives food for thought on how all of us can live lives of greater wisdom and peace.

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