



# **The End of Suffering and the Discovery of Happiness: The Path of Tibetan Buddhism. His Holiness the Dalai Lama**

*Dalai Lama XIV Bstan-Dzin-Rgya-Mtsho*

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# The End of Suffering and the Discovery of Happiness: The Path of Tibetan Buddhism. His Holiness the Dalai Lama

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## **The End of Suffering and the Discovery of Happiness: The Path of Tibetan Buddhism. His Holiness the Dalai Lama** Dalai Lama XIV Bstan-Dzin-Rgya-Mtsho

This book presents a clear and straightforward road map to how we might end our experience of suffering and discover happiness, drawn by the most celebrated spiritual master of Tibetan Buddhism: His Holiness the 14th Dalai Lama. In this insightful volume, not only does His Holiness describe what religion can contribute to mankind, but he also accentuates the significance of truly practising religion and understanding what it is that mankind really needs. Familiar for his ever-smiling face and his message of love, compassion and peace, he explains the three turnings of the wheel of dharma; the purpose and the means of generating the mind of enlightenment; and, the twelve links of dependent arising, among other things. This new title offers an easily accessible and illuminating glimpse into the core of Tibetan Buddhism.

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