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Leading the reader through the diverse schools of Buddhist philosophy, this book also shows us how to let go of our own strong ideas of self and how to find a little more happiness in life, for ourselves and for others. For all the millions of followers of the Dalai Lama's writings, and for anyone yet to be introduced to his thinking, A Profound Mind is the perfect book to learn how to dedicate our positive activities to the benefit of all in order to build a better world.

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