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Cutler quotes the Dalai Lama at length, providing context and describing some

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details of the settings in which the interviews took place, as well as adding his own reflections on issues raised. The book explores training the human outlook that alters perception. The concepts that the purpose of life is happiness, that happiness is determined more by

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is a fundamental read for anyone interested in navigating through life in harmony with themselves and those around them. ¶At a fundamental level, we are all the same, each one of us aspires to happiness and each one of us does not wish to suffer.

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