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Awakening the Mind, Lightening the Heart by His Holiness ...
The Dalai Lama won the Nobel Peace Prize in 1989 and is the
author of two memoirs and several books on Buddhism. 'Awakening the Mind, Lightening the Heart' is the second volume in the Library of Tibet series, which was founded in order to preserve and disseminate the cultural heritage of Tibet. The volumes of the Library will cover Tibetan history and culture, from meditation practices to social history.

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Generating the Awakening Mind | The 14th Dalai Lama
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