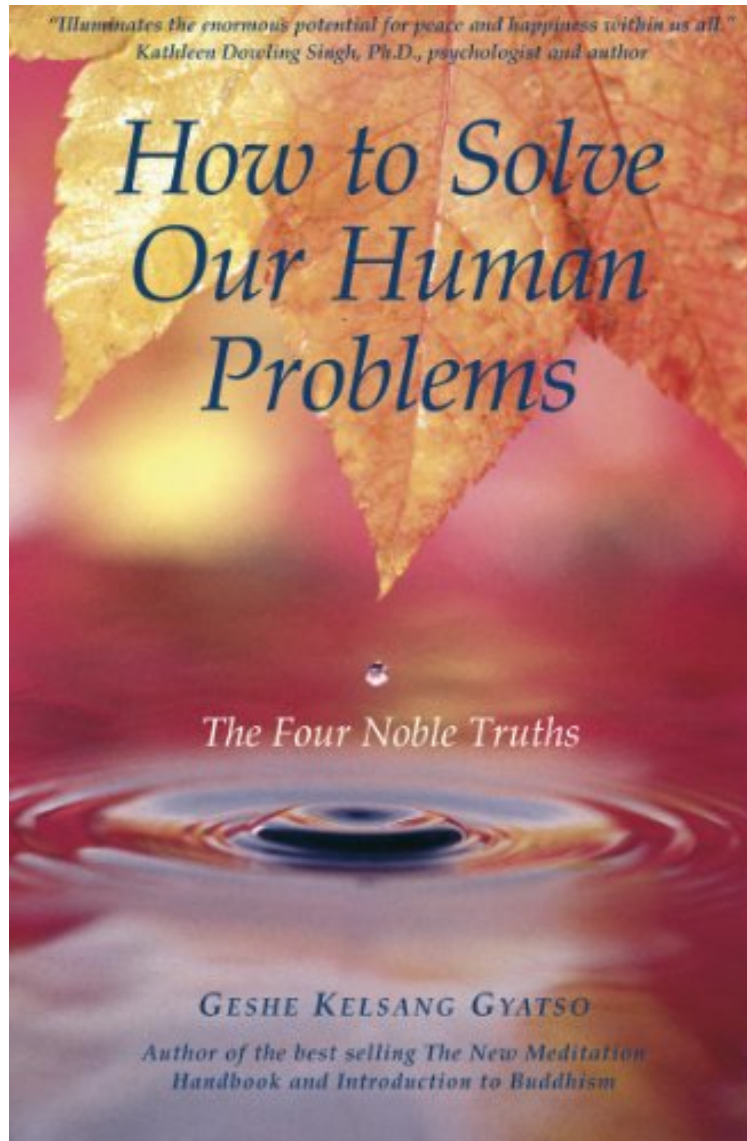


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Kurzbeschreibung In this busy world, our experiences of happiness are fleeting and short-lived, while inner peace eludes us completely. Our negative states of mind, such as uncontrolled desire and anger, create endless problems for ourselves and others, and prevent us from fulfilling our deepest wishes. Geshe Kelsang begins by presenting Buddha's popular teaching on the Four Noble Truths, which offers a clear and simple solution to all our problems, guiding us to an oasis of peace within our hearts. He then focuses in particular on overcoming the problem of anger, learning how to develop and maintain patience when faced with even the most difficult circumstances.
About the Author Geshe Kelsang Gyatso was born in Tibet and is a fully accomplished meditation master and internationally renowned teacher of Buddhism. Resident in the West since 1977, he is the author of 21 highly acclaimed books that perfectly transmit the ancient wisdom of Buddhism to our modern world. He has also founded over 1,100 Kadampa Buddhist Centers and groups throughout the world.
Pressestimmen "[Geshe Kelsang Gyatso's] insights are penetrating and his illustrations compelling." Publishers Weekly