



## Compasión y no violencia

*Dalai Lama*

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# Compasión y no violencia

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## Compasión y no violencia Dalai Lama

One of the greatest spiritual leaders of our time examines the nature of the human mind and suggests ways to lead more fulfilling lives. Insights about suffering, happiness, love, and truth give way to practical wisdom on issues ranging from religious tolerance to world economy. Stressing the need for compassion and nonviolence, this text reiterates the essential goodness of the human heart and focuses on the and consequences of human action and thought.

Uno de los más grandes líderes espirituales de nuestro tiempo, con su peculiar estilo atractivo e informal, examina la naturaleza de la mente humana y hace hincapié en la necesidad de transformarla para gozar de una vida más plena. Habla de la insatisfacción, de la felicidad, del amor y de la verdad e imparte una enseñanza práctica en temas que abarcan desde la tolerancia religiosa hasta la economía mundial. Al enfatizar la necesidad de la compasión y de la no violencia, el Dalai Lama reitera la bondad innata del corazón humano y enseña de la responsabilidades y consecuencia que tienen acciones y pensamientos.

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