



The Four Noble Truths

His Holiness the Dalai Lama

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The Four Noble Truths

His Holiness the Dalai Lama

The Four Noble Truths His Holiness the Dalai Lama

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This volume includes:-

‘The Four Noble truths’, one of the most central tenets of Tibetan Buddhism.

The need to balance spiritual and material values.

‘Compassion, the Basis for Human Happiness’

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