



## How to See Yourself as You Really are

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By Dalai Lama XIV

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, How to See Yourself as You Really are, Dalai Lama XIV, How to See Yourself As You Really Are is based on a fundamental Buddhist belief that love and insight work together to bring about enlightenment, like two wings of a bird. It provides a new perspective on the psychological problems of hurting ourselves through misguided, exaggerated notions of self, others, events and physical things. It shows how even our senses deceive us, drawing us into unwise attachments and negative actions that can only come back to haunt us in the future. Drawing on wisdom and techniques refined in Tibetan monasteries for more than a thousand years, and adopting as its structure traditional Buddhist steps of meditative reflection, How to See Yourself As You Really Are includes practical exercises and gives readers a clear path to assess their growth and personal development. The book is enlivened throughout with warm personal anecdotes and intimate accounts of the Dalai Lama's experiences as a life-long student, a meditator, a political leader and an international figure working with other Nobel Peace Laureates to address crises around the world.



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