



Becoming Enlightened

His Holiness the Dalai Lama

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In *Becoming Enlightened*, His Holiness the Dalai Lama powerfully explores the foundation of Buddhism, laying out an accessible and practical approach to age-old questions: How can we live free from suffering? How can we achieve lasting happiness and peace?

Drawing from traditional Buddhist meditative practices as well as penetrating examples from today's troubled planet, he presents step-by-step exercises designed to expand our capacity for spiritual growth, along with clear milestones to mark our progress. By following the spiritual practices outlined in *Becoming Enlightened*, we can learn how to replace troublesome feelings with positive attitudes and embark on a path to achieving an exalted state - within ourselves and within the larger world.

Full of personal anecdotes and intimate accounts of the Dalai Lama's experiences as a life-long student, thinker, political leader, and Nobel Peace Prize Laureate, *Becoming Enlightened* is a remarkable and empowering work that can be enjoyed by seekers of all faiths, at every stage of spiritual development.

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