



Peace: Steps to Achieving Happiness Through Acts of Love, Compassion, Kindness, Tolerance and Forgiveness

Tsem Rinpoche

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Peace begins here, right where we are. Far from being a distant concept, inner and outer peace can be created at every moment, in every conversation, and with our every action.

In this compilation of short teachings, Tsem Rinpoche brings us back to the basics of what it means to create peace and lasting harmony within ourselves and with the people around us. He reveals surprising truths, offers us refreshing new perspectives, and gives us practical solutions for dealing with daily situations.

With this book, you will gain the tools to increase the happiness in your life and overcome the hurdles. You will also learn how to foster strong, joyous relationships with others, fight your demons, and enhance your own positive potential in everything you do. Ultimately, you will discover that, just like the book you are now holding, peace is entirely in your hands.



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