



Awakening Kindness: Finding Joy Through Compassion for Others

Nawang Khechog, Dalai Lama VI

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In Nawang Khechog's view, one of the wonders and marvels of being human is that we can choose to nurture and cultivate kindness, compassion, and love. These precious human values are the foundation of true happiness and are at the core of humanity's possibility of peaceful coexistence with one another, with other species, and with our environment.

Based on his eleven years as a monk, studying Buddhist philosophy and meditation with the Dalai Lama, as well as his own highly regarded workshops, *Awakening Kindness* details the many ways we can enrich our lives by simply being kind to each other and ourselves. Nawang includes a range of simple meditations, mantras, and practices that are easy to incorporate into even the busiest modern life.

Filled with the philosophy of many cultures and religions, and touching on everything from human nature as it's portrayed in film to scientific support of our limitless capacity for love, kindness, and compassion, *Awakening Kindness* takes the reader on a life-changing journey where we all can take part in creating a culture of kindness.

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