



# Eight Steps to Happiness: The Buddhist Way of Loving Kindness

By Geshe Kelsang Gyatso

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This inspiring book reveals essential methods for developing universal love and compassion, the source of true happiness for both self and others. It gives a detailed and practical commentary to eight beautiful verses that comprise one of Buddhism's best-loved and most enduring teachings, *Eight Verses of Training the Mind*. Composed by the great Tibetan Bodhisattva, Langri Tangpa, this short poem shows how we can transform all life's difficulties into valuable spiritual insights.

For centuries, these liberating meditation practices have brought lasting peace, inspiration and serenity to countless people in the East. Now, in this book, Geshe Kelsang Gyatso shares the immeasurably rich insight of this ancient wisdom with all those seeking lasting happiness and greater meaning in their modern lives.

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#### Review

"Geshe Kelsang Gyatso has proven [to be] a popular and accessible authority." —*Library Journal*

#### About the Author

Geshe Kelsang Gyatso was ordained as a Buddhist monk in Tibet at the age of eight. He is a fully accomplished meditation master, prolific author, and international teacher who has lived in the West since 1977 and has founded over 1,100 Kadampa Buddhist meditation centers and groups around the world. His 21 acclaimed books reveal the entire Buddhist path to enlightenment, including Buddha's Sutra and Tantra teachings.

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