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Howard C Cutler Kris Dyer Hodder  
Stoughton**

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*s smiling and he makes everyone else around him feel like smiling he s the dalai lama the spiritual and temporal leader of tibet the nobel prize winner and increasingly popular speaker and statesman'*

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**on the issues raised in their discussions'**

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**based on interviews of his holiness the dalai lama  
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bination of tibetan buddhist spiritual tradition with dr  
cutler s knowledge of western therapeutic methods and  
scientific studies makes this a very accessible guide to  
everyday happiness'**

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