

Dalai Lama

Path of Wisdom, Path of Peace

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Mitgefühl und Weisheit

*Ein Gespräch mit
Felizitas von Schönborn*

Diogenes

Book factsheet

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Praise

Path of Wisdom, Path of Peace

»The Dalai Lama is committed to values which every decent human being shares. He champions peace, justice, indeed everything that makes life worth living.« – Nelson Mandela

Based on her in-depth, first-hand conversations, Felizitas von Schönborn has been able to bring together the views and core values of the Dalai Lama and Tibetan Buddhism. This book is as significant for interested laymen as it is for people with a particular involvement in politics, philosophy and religion. It is concerned as much with personal happiness and the search for meaning in life as with ecological problems and world peace, because: »Happiness exists on many levels. I visualise happiness as a harmonious interplay between inner peace in the heart of the individual and outer peace among the peoples of the world. It is my wish that all of the inhabitants of the Earth can enjoy as much prosperity as possible. Poverty and misery do not create a happy life. One must be able to satisfy one's basic needs; one requires food, clean water and a roof over one's head. This is true of all cultures.«

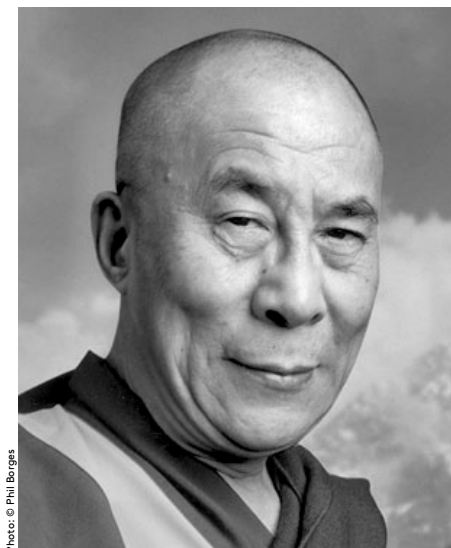


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Tenzin Gyatso, the fourteenth Dalai Lama, was born in eastern Tibet in 1935 and became spiritual and secular leader of Tibet at age five. China's annexation of Tibet in 1959 forced him into exile. In 1989, he was awarded the Nobel Prize for Peace.