



A Force for Good: The Dalai Lama's Vision for Our World (Hardback)

By Daniel Goleman

Bantam, United States, 2015. Hardback. Book Condition: New. 234 x 163 mm. Language: English . Brand New Book. For more than half a century, in such books as *The Art of Happiness* and *The Dalai Lama's Little Book of Inner Peace*, the Dalai Lama has guided us along the path to compassion and taught us how to improve our inner lives. In *A Force for Good*, with the help of his longtime friend Daniel Goleman, the New York Times bestselling author of *Emotional Intelligence*, the Dalai Lama explains how to turn our compassionate energy outward. This revelatory and inspiring work provides a singular vision for transforming the world in practical and positive ways. Much more than just the most prominent exponent of Tibetan Buddhism, the Fourteenth Dalai Lama is also a futurist who possesses a profound understanding of current events and a remarkable caniness for modern social issues. When he takes the stage worldwide, people listen. *A Force for Good* combines the central concepts of the Dalai Lama, empirical evidence that supports them, and true stories of people who are putting his ideas into action showing how harnessing positive energies and directing them outward has lasting and meaningful effects....



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