



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

By Geshe Kelsang Gyatso

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This inspiring book explains how to meditate on eight beautiful verses that comprise one of Buddhism's best-loved teachings, Eight Verses of Training the Mind. Composed by the great Tibetan Bodhisattva Geshe Langri Tangpa, this short poem shows how we can transform all life's difficulties into valuable spiritual insights. Geshe Kelsang Gyatso reveals practical ways in which we can use this timeless wisdom to find meaning and lasting happiness in our busy modern lives.

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## **Eight Steps to Happiness: The Buddhist Way of Loving Kindness** By Geshe Kelsang Gyatso **Bibliography**

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#### Review

- “Geshe Kelsang Gyatso has proven to be a popular and accessible authority” –Library Journal
- “Geshe Kelsang Gyatso illuminates the very heart of Buddhist thought and practice.” –Booklist
- “Geshe Kelsang Gyatso is a highly respected meditation master and scholar of the Mahayana Buddhist tradition.” –Spirituality & Health

#### From the Back Cover

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#### About the Author

Venerable Geshe Kelsang Gyatso is a fully accomplished meditation master and internationally renowned teacher of Buddhism who has pioneered the introduction of modern Buddhism into contemporary society. He is the author of 22 highly acclaimed books that transmit perfectly the ancient wisdom of Buddhism to our modern world. He has also founded over 1200 Kadampa Buddhist Centers and groups throughout the world.

In his teachings, Geshe Kelsang emphasizes the importance of meditation and how to apply it in daily life. He reveals practical methods for developing wisdom, cultivating a good heart and maintaining a peaceful mind through which we can all find true and lasting happiness. Demonstrating these qualities perfectly in his own life, Geshe Kelsang has dedicated his whole life to helping others find inner peace and happiness.

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