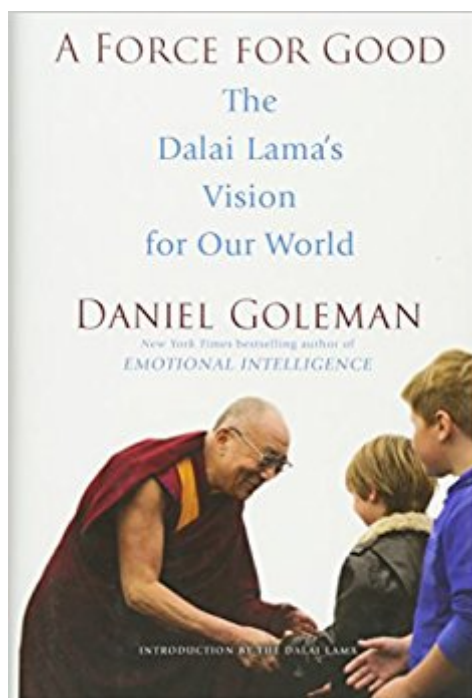


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# A Force For Good: The Dalai Lama's Vision For Our World



## Synopsis

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. Goleman details the science of compassion and how this singular guiding motivation has the power to — break such destructive social forces as corruption, collusion, and bias — heal the planet by refocusing our concerns toward our impact on the systems that support all life — reverse the tendency toward systemic inequity through transparency and accountability — replace violence with dialogue — counter us-and-them thinking by recognizing human oneness — create new economic systems that work for everyone, not just the powerful and rich — design schooling that teaches empathy, self-mastery, and ethics —

Millions of people have turned to the Dalai Lama for his unparalleled insight into living happier, more purposeful lives. Now, when the world needs his guidance more than ever, he shows how every compassion-driven human act—no matter how small—is integral for a more peaceful, harmonious world, building a force for a better future. — Revelatory, motivating, and highly persuasive, *A Force for Good* is arguably the most important work from one of the world's most influential spiritual and political figures. Praise for *A Force for Good* — “A Force for Good offers ideas that every individual can work with and build on, ranging from things that help the environment to things that help the less fortunate. [It's] a long-range, global plan from a brilliant futuristic thinker, so this is a book that can be of value to any human living on Earth. When you're ready for a jolt of optimism, pick up this book.” —Pop Culture Nerd

— “Far from being a self-help book, this examines specific ideas espoused by the Dalai Lama, such as emotional hygiene, compassionate economy, and education of the heart that can make the world a better place. An optimistic and thoughtful primer with practical

applications. [→](#) [•](#) [→](#) [•](#) Booklist

## Book Information

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## Customer Reviews

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“Far from being a self-help book, this examines specific ideas espoused by the Dalai Lama, such as emotional hygiene, compassionate economy, and education of the heart that can make the world a better place. An optimistic and thoughtful primer with practical applications.” —Booklist

Daniel Goleman is the New York Times bestselling author of the groundbreaking book Emotional Intelligence. A psychologist and a science journalist, he reported on brain and behavioral research for The New York Times for many years and has received many awards for his writing. He is the author of more than a dozen books, including three accounts of meetings he has moderated between the Dalai Lama and scientists, psychotherapists, and social activists. Goleman is a founding member of the board of the Mind and Life Institute, a co-founder of the Collaborative for Academic, Social, and Emotional Learning, and co-director of the Consortium for Research on Emotional Intelligence in Organizations.

Goleman provides an excellent account of the Dalai Lama's vision to move from ideas to compassionate action. His wisdom resounds through the ages for young people to step into their power and impact the world. An inspiring and uplifting account of projects the Dalai Lama already encouraged into action. A must read for anyone concerned about returning the world to peace and harmony.

Clear and easy to read and understand. The Dalai Lama is a wonderful soul and reading how he views the world is inspiring and complicated even if he makes it sound simple. I love how he loves all of us, seeing each as a gift from God and worthy of love and respect. Would that we all could evolve to his example. His beliefs are extremely profound and inspires one to seek more Spiritual activity in one's life. Namaste'

A synthesis of HHDL's profound spiritual accomplishment and significant scientific data supporting the role of compassion and engagement in our world. I have recommended this book to all whom I encounter who are engaged in the helping professions or who are simply interested in contributing to the world being a better place for future generations.

Daniel Goleman's writing style and The Dalai Lama's hopeful vision make for comforting reading in this day and age. Each of us can be a force for good. A good read for all.

Met my expectations. I had read Goleman's Emotional Intelligence many years ago and the combination of his insight and the Dalai Lama is pure genius. Combination of science, neurology, psychology and religion, a hopeful look at how we can all evolve into a better, more balanced and compassionate future.

This is a beautiful introduction to the Dalai Lama, the perfect soul of our lifetime. We are so fortunate that he lives now. We need his teachings now more than ever.

I love listening to the audio version of this when I'm driving. I travel a lot so this is a great alternative to music. Reminds me that we all need to be a little more kind and compassionate and our world would be a better place.

The journey of life must include others if a life is to matter at all. Shine your warmest beacon and

share your talents.

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