



# **Why Is the Dalai Lama Always Smiling?: A Westerner's Introduction and Guide to Tibetan Buddhist Practice**

*Lama Tsomo*

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## **Why Is the Dalai Lama Always Smiling?: A Westerner's Introduction and Guide to Tibetan Buddhist Practice** Lama Tsomo

If you think meditation is only for monks, think again. Today's world seems to be growing more and more stressful by the minute—for all of us. So now, as a teacher of Tibetan Buddhist practice and a 21st-century woman, Lama Tsomo offers us time-tested tools for getting underneath our everyday worries and making our lives richer and more fulfilling. In *Why Is the Dalai Lama Always Smiling?* she acts as our lively, approachable guide to using the ancient traditions and practices of Tibetan Buddhism to find happiness and peace in this modern world.

Through step-by-step instructions, photographs, and helpful explanations, Lama Tsomo shows how we can start experiencing the many benefits of meditation for ourselves. She offers proven techniques for sharpening our focus, enhancing our relationships, and living each day more mindfully and joyfully. Laced with humor, compassion, and stories from Lama Tsomo's own life, *Why Is the Dalai Lama Always Smiling?* meets us where we are and guides us onto, and along, the path to a deeper awareness of our world and ourselves. Lama Tsomo's personal and spiritual journey to greater happiness can now be ours as well. As she invites in the Prologue, "Won't you come

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#### **Brian Davis:**

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