



More Daily Wisdom: 365 Buddhist Inspirations

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Entries included are from some of Buddhism's best-known figures: the Dalai Lama, Sylvia Boorstein, Bhante Gunaratana (*Mindfulness in Plain English*), Lama Zopa Rinpoche (*Transforming Problems into Happiness*), Lama Yeshe (*Introduction to Tantra*), Ayya Khema (*Being Nobody, Going Nowhere*) and of course, the Buddha himself.

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