



Daily Wisdom: 365 Buddhist Inspirations

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Open up *Daily Wisdom* and find page after page of illuminating words. You'll encounter ancient Buddhist sages and contemporary meditation masters offering encouragement and quiet counsel - some in spacious poetry, others in lucid prose - on love and living wisely, on meditation and mindfulness, on the pitfalls of anger and necessity of compassion. Whether you're seeking morning inspiration or a few uplifting words to help keep a difficult day in perspective, *Daily Wisdom* is a valuable companion. Includes words of wisdom from:

- The Dalai Lama
- Lama Yeshe
- Ayya Khema
- Bhante G.
- Thich Nhat Hanh
- B. Allan Wallace
- Lorne Ladner
- Sandy Boucher
- Lama Zopa Rinpoche
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