



## An Open Heart

### Practicing Compassion in Everyday Life

Compassion—sympathy for the suffering of others and the desire to free them from it—is wrestled with in all spiritual traditions. Yet how does one actually become a compassionate person? What are the mechanisms by which a selfish heart is transformed into a generous heart? In this acclaimed bestseller, His Holiness the Dalai Lama writes simply and powerfully about the everyday Buddhist practice of compassion, offering a clear, practical, inspiring introduction to the Buddhist path to enlightenment.  
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[The Dalai Lama](#)  
[Nicholas Vreeland](#)

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