



Transform Your Life: A Blissful Journey

Geshe Kelsang Gyatso

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Through applying these instructions we can transform our life in a positive way. Buddhist principles are explained such as how to attain inner peace, what is the mind, what happens at the time of our death and karma. Readers can learn simple methods to transform their minds and lives through an exploration of the real meaning of their human life, how to find the source of happiness, and the actual methods to solve our daily problems.

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