
How To See Yourself As You Really Are English Edition

By Dalai Lama

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'how others see us how we see ourselves exploring your mind

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June 2nd, 2020 - then he goes on to tell you helpful ways of understanding yourself or how to see yourself as you really are he explains all of this from a buddhist perspective and helps to give good tips on how you can reach the proper state of mind the theme of the book was mostly based around perspective'

'tengyur rinpoche how to see yourself as you really are part 1 3

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