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A Force for Good: The Dalai Lama's Vision for Our World

Daniel Goleman

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For more than half a century, in such books as *The Art of Happiness* and *The Dalai Lama's Little Book of Inner Peace,* the Dalai Lama has guided us along the path to compassion and taught us how to improve our inner lives. In *A Force for Good,* with the help of his longtime friend Daniel Goleman, the *New York Times* bestselling author of *Emotional Intelligence,* the Dalai Lama explains how to turn our compassionate energy outward. This revelatory and inspiring work provides a singular vision for transforming the world in practical and positive ways.

Much more than just the most prominent exponent of Tibetan Buddhism, the Fourteenth Dalai Lama is also a futurist who possesses a profound understanding of current events and a remarkable canniness for modern social issues. When he takes the stage worldwide, people listen. *A Force for Good* combines the central concepts of the Dalai Lama, empirical evidence that supports them, and true stories of people who are putting his ideas into action—showing how harnessing positive energies and directing them outward has lasting and meaningful effects. Goleman details the science of compassion and how this singular guiding motivation has the power to

• break such destructive social forces as corruption, collusion, and bias
• heal the planet by refocusing our concerns toward our impact on the systems that support all life
• reverse the tendency toward systemic inequity through transparency and accountability
• replace violence with dialogue
• counter us-and-them thinking by recognizing human oneness
• create new economic systems that work for everyone, not just the powerful and rich
• design schooling that teaches empathy, self-mastery, and ethics

Millions of people have turned to the Dalai Lama for his unparalleled insight into living happier, more purposeful lives. Now, when the world needs his guidance more than ever, he shows how every compassion-driven human act—no matter how small—is integral for a more peaceful, harmonious world, building a force for a better future.

Revelatory, motivating, and highly persuasive, *A Force for Good* is arguably the most important work from one of the world's most influential spiritual and political figures.

Praise for *A Force for Good*

"*A Force for Good* offers ideas that every individual can work with and build on, ranging from things that help the environment to things that help the less fortunate. [It's] a long-range, global plan from a brilliant futuristic thinker, so this is a book that can be of value to any human living on Earth. When you're ready for a jolt of optimism, pick up this book."***—Pop Culture Nerd***

"Far from being a self-help book, this examines specific ideas espoused by the Dalai Lama, such as emotional hygiene, compassionate economy, and education of the heart that can make the world a better place. An optimistic and thoughtful primer with practical applications."***—Booklist***

From the Hardcover edition.

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Often the book A Force for Good: The Dalai Lama's Vision for Our World has a lot info on it. So when you read this book you can get a lot of gain. The book was written by the very famous author. The writer makes some research just before write this book. This book very easy to read you can get the point easily after looking over this book.

Margaretta Lee:

A Force for Good: The Dalai Lama's Vision for Our World can be one of your beginner books that are good idea. We all recommend that straight away because this publication has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to put every word into delight arrangement in writing A Force for Good: The Dalai Lama's Vision for Our World yet doesn't forget the main position, giving the reader the hottest along with based confirm resource facts that maybe you can be among it. This great information can certainly drawn you into new stage of crucial imagining.

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