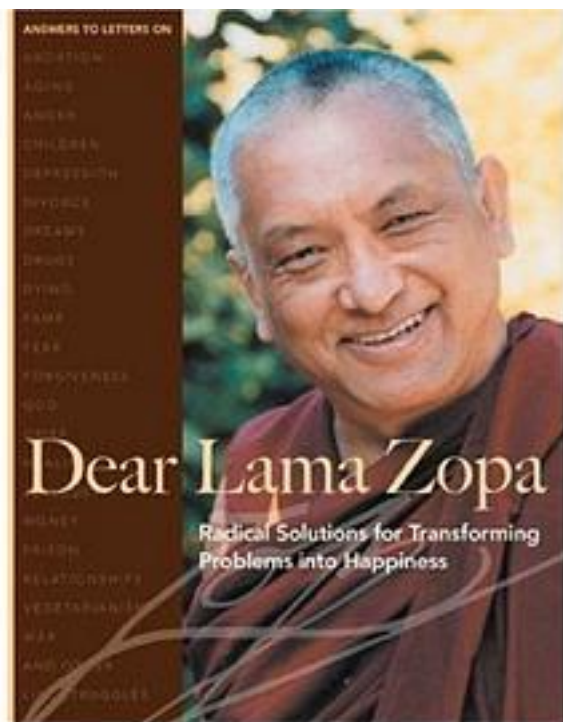


Dear Lama Zopa



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Perhaps no other figure of Tibetan Buddhism today is so committed to the contemporary relevance of its traditional views as Lama Zopa. In *Dear Lama Zopa*, he shares letters from advice-seekers around the globe, each reproduced with his always inspired, often surprising replies. Lama Zopa's counsel, radical as it may seem, is all about how to handle life's problems big and small, age-old and modern: from final exams, depression, and eating disorders to jealousy, aging, and loss. The key is to consciously work to perceive our problems differently, and in so doing see that we can be victors, not victims. The result is what Lama Zopa has dedicated his life to: our real, persisting happiness.

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