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Worlds in Harmony: Compassionate Action for a Better World

The Dalai Lama

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One of the Dalai Lama's most striking qualities is his genuine interest in Western scientific and social thought. He firmly believes that if Buddhism is to have relevance today, it must be flexible and dynamic, able to take in new ideas and adapt to new situations. In *Worlds in Harmony*, he combines timeless Buddhist teachings with modern Western psychological theory to address such diverse issues as environmental destruction, political oppression, the nature of anger, and the application of Buddhist principles in the West. Writing that insight is of no use unless it results in action, he offers new ways of being, thinking, and acting in the world that are based on equanimity and deep understanding. *Worlds in Harmony* is a timely source book on the practice of healing and compassionate action in daily life.

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