



A Truthful Heart: Buddhist Practices For Connecting With Others

Jeffrey Hopkins

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The Dalai Lama often says, Kindness is society. His former translator, Jeffrey Hopkins, writes that by learning to live from a more compassionate viewpoint, we can create a better life not only for ourselves but for everyone. In *A Truthful Heart*, Hopkins uses Buddhist meditations (including the Dalai Lama's favorite), visualizations, and entertaining recollections from his personal journey to guide us in developing an awareness of the capacity for love inside us and learning to project that love into the world around us. Delivering a potent message with the power to change our relationships and improve the quality of our lives, *A Truthful Heart* is the ideal book for an age in which our dealings with each other seem increasingly impersonal and even violent and aggressive. Anyone seeking release from anger and hurt, or simply wanting to increase the love and caring among us, will welcome this timely vision for humanity.

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