

## Dalai Lamas Cat David Michie

"In the months that followed I watched His Holiness working on a new book . . . I began to think that perhaps the time had come for me to turn my paws to a book of my own . . . one that tells my own tale . . . How I was rescued from a fate too grisly to contemplate, to become constant companion to a man who is not only one of the world's greatest spiritual leaders and a Nobel Peace Prize laureate, but who is also a dab hand with the can opener." Not so much fly-on-the-wall as cat-on-the-sill, this is the warmhearted tale of a small kitten rescued from the slums of New Delhi who finds herself in a beautiful sanctuary with sweeping views of the snow-capped Himalayas. In her exotic new home, the Dalai Lama's cat encounters Hollywood stars, Buddhist masters, Ivy-league professors, famous philanthropists, and a host of other people who come visiting His Holiness. Each encounter offers a fresh insight into finding happiness and meaning in the midst of a life of busy-ness and challenge. Drawing us into her world with her adorable but all-too-flawed personality, the Dalai Lama's cat discovers how instead of trying to change the world, changing the way we experience the world is the key to true contentment. Featuring a delightful cast of characters, timeless Buddhist wisdom, and His Holiness's compassion pervading every chapter, The Dalai Lama's Cat is simply enchanting.

"A very special story about life and love and courage." MERLIN OLSEN, SPORTSCASTER John Harding had a high-powered career, a loving wife, and a beautiful son. He's lost it all and has returned to his home town of Boland, New Hampshire, teetering on the brink of suicide. But an old friend asks John to manage his old Little League team, the Angels. Reluctantly, he agrees, and meets a hopeless player who bears a striking resemblance to his dead son--and through their extraordinary relationship, John finds the wisdom in living that he thought had slipped beyond his grasp forever.... AN ALTERNATE SELECTION OF THE LITERARY GUILD

A new generation of business leaders is turning to mindfulness as a cutting-edge leadership tool. Scientific research suggests that the practice of mindfulness (a technique for learning to live in the present moment) can help individuals to gain clarity, reduce stress, optimize performance, and develop a greater sense of well-being. In *The Mindful Leader*, Michael Carroll explains what mindfulness is and how to develop it in the hectic and often stressful environment of the twenty-first century workplace. He focuses on ten key principles of mindfulness and how they apply to leading groups and organizations. Along the way, Carroll addresses a range of topics, including how to: heal the "toxic workplace," where anxiety and stress impede performance cultivate courage and confidence in the face of workplace difficulties pursue organizational goals without neglecting what's happening here and now lead with wisdom and gentleness, not just with ambition and power start a personal meditation practice to develop your innate leadership talents Full of engaging stories and practical exercises, *The Mindful Leader* will help leaders in any field to discover their innate intelligence, bravery, and joy on the job.

"Don't ignore intuitive tickles lest they reappear as sledgehammers."That's the first rule of Ten. Tenzing Norbu ("Ten" for short)—ex-monk and soon-to-be ex-cop—is a protagonist unique to our times. In *The First Rule of Ten*, the first installment in a three-

book detective series, we meet this spiritual warrior who is singularly equipped, if not occasionally ill-equipped, as he takes on his first case as a private investigator in Los Angeles. Growing up in a Tibetan Monastery, Ten dreamed of becoming a modern-day Sherlock Holmes. So when he was sent to Los Angeles to teach meditation, he joined the LAPD instead. But as the Buddha says, change is inevitable; and ten years later, everything is about to change—big-time—for Ten. One resignation from the police force, two bullet-wounds, three suspicious deaths, and a beautiful woman later, he quickly learns that whenever he breaks his first rule, mayhem follows. Set in the modern-day streets and canyons of Los Angeles, *The First Rule of Ten* is at turns humorous, insightful, and riveting—a gripping mystery as well as a reflective, character-driven story with intriguing life-lessons for us all.

"Author of *The Dalai Lama's cat*"--Cover.

The Dalai Lama always recommends a classic text by the Buddhist master Shantideva as essential reading for those seeking a practical approach to Buddhism. With its life-changing teachings and transcendent wisdom, it is one of the world's great spiritual treasures. In *Enlightenment to Go*, David Michie provides a lively, accessible introduction to the 'best of' Shantideva. He shows how the insights of Shantideva's *Guide to the Bodhisattva's Way of Life* can transform the spiritual well-being of modern day readers, and he unpacks its powerful antidotes to contemporary problems, including stress, anxiety and depression. He also offers a gentle introduction to meditation in order to help readers integrate these transformational insights into daily life. Recounting stories from his own journey, Michie illustrates the relevance of Shantideva's breakthrough teachings to a typically busy Westerner with warmth and humour. Whether you are a newcomer to Buddhism or a seasoned practitioner, *Enlightenment To Go* offers a glimpse of a radiantly different reality.

When novice monk Tenzin Dorje is told by his lama that the Red Army is invading Tibet, his country's darkest moment paradoxically gives him a sense of purpose like no other. He accepts a mission to carry two ancient, secret texts across the Himalayas to safety. Half a century later, in a paradox of similarly troubling circumstances, Matt Lester is called upon to convey his own particular wisdom as a scientist, when Matt's nanotech project is mysteriously moved from London to a research incubator in Los Angeles. Tenzin and Matt embark on parallel adventures which have spine-chilling connections. Tenzin's perilous journey through the Himalayas, amid increasing physical hardship and the ever-present horror of Red Army capture, is mirrored by Matt's contemporary, but no less traumatic challenges, as his passionate relationship with his fiancée, Isabella, and his high flying career undergo escalating crises. It is at the moment when both Tenzin and Matt face catastrophe that their stories converge, spectacularly transforming our understanding of all that has gone before.

A guide to leading an ethical, happy, and spiritual life beyond religion and cultivating key human values, from a beloved world religious leader. Ten years ago, in the best-selling *Ethics for a New Millennium*, His Holiness the Dalai Lama first proposed an approach to ethics based on universal rather than religious principles. With *Beyond Religion*, he returns to the conversation at his most outspoken, elaborating and deepening his vision for the nonreligious way—a path to lead an ethical, happy, and spiritual life. Transcending the religion wars, he outlines a system of ethics for our shared world, one that makes a stirring appeal for a deep

appreciation of our common humanity, offering us all a road map for improving human life on individual, community, and global levels. "Best Religious Books of 2011" Huffington Post "A book that brings people together on the firm grounds of shared values, reminding us why the Dalai Lama is still one of the most important religious figures in the world."— "Cogent and fresh... This ethical vision is needed as we face the global challenges of technological progress, peace, environmental destruction, greed, science, and educating future generations."—Spirituality & Practice

A wonderful sui generis novel about a visiting cat who brings joy into a couple's life in Tokyo A bestseller in France and winner of Japan's Kiyama Shohei Literary Award, *The Guest Cat*, by the acclaimed poet Takashi Hiraide, is a subtly moving and exceptionally beautiful novel about the transient nature of life and idiosyncratic but deeply felt ways of living. A couple in their thirties live in a small rented cottage in a quiet part of Tokyo; they work at home, freelance copy-editing; they no longer have very much to say to one another. But one day a cat invites itself into their small kitchen. It leaves, but the next day comes again, and then again and again. Soon they are buying treats for the cat and enjoying talks about the animal and all its little ways. Life suddenly seems to have more promise for the husband and wife — the days have more light and color. The novel brims with new small joys and many moments of staggering poetic beauty, but then something happens.... As Kenzaburo Oe has remarked, Takashi Hiraide's work "really shines." His poetry, which is remarkably cross-hatched with beauty, has been acclaimed here for "its seemingly endless string of shape-shifting objects and experiences, whose splintering effect is enacted via a unique combination of speed and minutiae."

"What makes you purr? Of all the questions in the world, this is the most important. Because no matter whether you are a playful kitten or sedentary senior, whether you're a scrawny alley Tom, or sleek-coated uptown girl, whatever your circumstances you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna, but an enduring happiness. The deep down happiness that makes you purr from the heart." His Holiness's cat is back-older, a bit wiser, and as curious as ever. In this book, the Dalai Lama sets for his lovable feline companion the task of investigating *The Art of Purring*. Whether it's the humorous insights gained from a visiting Ivy League Psychology Professor, the extraordinary research of a world-famous biologist, or the life-changing revelations of a mystical yogi, His Holiness's Cat encounters a wealth of wisdom about happiness. And what she discovers changes the way she sees herself forever. With a much loved-and growing-cast of characters from the local community and His Holiness's residence, as well as encounters with intriguing strangers and celebrities from far and wide, *The Dalai Lama's Cat and the Art of Purring* will transport readers in another unforgettable story. Along the way they will come to understand how elements of contemporary science and Buddhism converge. And, once again, they will feel the warmth of compassion and nonattachment that radiate from the heart of the Dalai Lama's teachings about our quest for enduring happiness"--

Bestselling meditation author David Michie explores the deep bond we have with our pets. With insights from Buddhism and modern science, and including true stories from around the world, he shows how we can provide practical support to our pets both in daily life and when they are dying.

The Dalai Lama's Cat is back! Latest title in the ever-popular and bestselling series. The Dalai Lama's Cat is back: irreverent, vain-and delightfully insightful as ever! When the Dalai Lama's inner circle is set the task of providing His Holiness with a book he can give his visitors, an unexpected volunteer stretches out her paws. The book is to summarise the four key elements of Tibetan Buddhism-and, importantly, to communicate how it feels to be in the profoundly reassuring presence of His Holiness. Who better to do this than his much-loved feline? Through encounters with celebrity visitors and her own intriguing adventures, the Dalai Lama's Cat explains all four key themes, not so much as ideas but as practices to be embodied. Along the way she even gets a new title: "Therapy Cat". If you have ever sought a summary of Tibetan Buddhist wisdom, albeit from an unusual and whiskery source, this may just be the book to get you purring! Unique and groundbreaking, Heart To Heart With Horses is an insightful guide to unlocking the healing power of the heart. Real-life stories, inspiring case studies and simple Reiki meditative exercises show how easy it is to share the gift of true healing with the horses you love. Written by Kathleen Prasad, one of the world's leading teachers in the field of Reiki and president of the Shelter Animal Reiki Association, this book illuminates powerful ways that compassionate presence can heal.

Saloni Chopra is an actor by choice and a writer by accident. While one helps her serotonin, the other helps her mortgage\*. Raised in Australia, but firmly believes it's not where she "grew up", because that happened in the heart of Mumbai, an over-populated city where she ironically learnt to take up more space by fighting for rights she didn't even know she would need one day. From falling into a puddle of quicksand and staying calm enough to not get sucked in, to the art of finding her own voice in a patriarchal society - she learnt everything in her early 20s the hard way (only one of the above is true). There came a point when Saloni realised that if she was going to keep living a life that was such a dramatic page-turner, she may as well write a book about it. \* And she doesn't even have a mortgage

Toss Out Those Tired Old Excuses...Once and for All! Within the pages of this transformational book, Dr. Wayne W. Dyer reveals how to change the self-defeating thinking patterns that have prevented you from living at the highest levels of success, happiness, and health. Even though you may know what to think, actually changing those thinking habits that have been with you since childhood might be somewhat challenging. If I changed, it would create family dramas ... I'm too old or too young ... I'm far too busy and tired ... I can't afford the things I truly want ... It would be very difficult for me to do anything differently ... and I've always been this way ... may all seem to be true, but they're in fact just excuses. So

the business of modifying habituated thinking patterns really comes down to tossing out the same tired old excuses and examining your beliefs in a new and truthful light. In this groundbreaking work, Wayne presents a compendium of conscious and subconscious crutches employed by virtually everyone, along with ways to cast them aside once and for all. You'll learn to apply specific questions to any excuse, and then proceed through the steps of a new paradigm. The old, habituated ways of thinking will melt away as you experience the absurdity of hanging on to them. You'll ultimately realize that there are no excuses worth defending, ever, even if they've always been part of your life—and the joy of releasing them will resonate throughout your very being. When you eliminate the need to explain your shortcomings or failures, you'll awaken to the life of your dreams. Excuses ... Begone!

In this bold and provocative new book, the author of *In the Beginning* and *The Reenchantment of Nature* challenges the widely held assumption that the world is becoming more secular and demonstrates why atheism cannot provide the moral and intellectual guidance essential for coping with the complexities of modern life. Atheism is one of the most important movements in modern Western culture. For the last two hundred years, it seemed to be on the verge of eliminating religion as an outmoded and dangerous superstition. Recent years, however, have witnessed the decline of disbelief and a rise in religious devotion throughout the world. In *THE TWILIGHT OF ATHEISM*, the distinguished historian and theologian Alister McGrath examines what went wrong with the atheist dream and explains why religion and faith are destined to play a central role in the twenty-first century. A former atheist who is now one of Christianity's foremost scholars, McGrath traces the history of atheism from its emergence in eighteenth-century Europe as a revolutionary worldview that offered liberation from the rigidity of traditional religion and the oppression of tyrannical monarchs, to its golden age in the first half of the twentieth century. Blending thoughtful, authoritative historical analysis with incisive portraits of such leading and influential atheists as Sigmund Freud and Richard Dawkins, McGrath exposes the flaws at the heart of atheism, and argues that the renewal of faith is a natural, inevitable, and necessary response to its failures. *THE TWILIGHT OF ATHEISM* will unsettle believers and nonbelievers alike. A powerful rebuttal of the philosophy that, for better and for worse, has exerted tremendous influence on Western history, it carries major implications for the future of both religion and unbelief in our society.

Includes 10 illustrations by Barbara Knox A delightful, whimsical tale—one of the most popular books for cat lovers ever written. May Sarton's fictionalized account of her cat Tom Jones's life and adventures prior to making the author's acquaintance begins with a fiercely independent, nameless street cat who follows the ten commandments of the Gentleman Cat—including "A Gentleman Cat allows no constraint of his person, not even loving constraint." But after several years of roaming, Tom has grown tired of his vagabond lifestyle, and he concludes that there might be some

appeal after all in giving up the freedom of street life for a loving home. It will take just the right human companion, however, to make his transformation from Cat About Town to genuine Fur Person possible. Sarton's book is one of the most beloved stories ever written about the joys and tribulations inherent in sharing one's life with a cat.

For thirty years, Mark as Story has introduced readers to the rhetorical and narrative skill that makes Mark so arresting and compelling a story. Rhoads, Dewey, and Michie have helped to pioneer our appreciation of the Gospels, and Mark in particular, as narratives originally created in an oral culture for oral performance. New in this edition are a revised introduction and an afterword describing the significant role Mark as Story has played in the development of narrative criticism.

Nichiren Daishonin Buddhism encourages the belief that, through its faith and practices, spiritual and material blessings and benefits can be available to everyone in this life. Needs can be met, and success achieved, not merely for oneself but for others (and the world) through dedication to the Lotus Sutra, a central teaching of Buddhism. It combines these personal objectives with the commitment to world peace, ecology and the easing of suffering, especially, AIDS. Attracting such well known followers as Jeff Banks, Sandie Shaw, Tina Turner and Roberto Baggio, Nichiren Daishonin Buddhism is rooted in a Buddhist tradition going back to the teachings of Nichiren in the 13th century, and is part of an international movement based in Japan.

The Dalai Lama's Cat and the Power of MeowHay House, Inc

Mainstream thriller

This book encompasses the essence of love and compassion, offering practical wisdom for our everyday lives. Whoever you are, whatever your beliefs, you are the creator of your own happiness.

The fourth book in the globally popular Dalai Lama's Cat series. His Holiness's Cat explores the four main themes of Tibetan Buddhism.

In the spring of 2004, David Lascelles invited a group of monks from Bhutan to build a stupa in the gardens of Harewood House in Yorkshire. It was a step into the unknown for the Bhutanese. They didn't speak any English, had never travelled outside their own culture, had never flown in an airplane or seen the ocean. Theirs was one kind of journey, but the project was also another kind of voyage for David. It was an attempt to reconcile a deep interest in Buddhism with the 250 years that his family has lived at Harewood, the country house and estate – with its links to one of the darkest chapters in Britain's colonial past – that he has loved, rejected, tried to make sense of and been haunted by all his life. In Buddhist thought, one of the functions of a stupa is to harmonise the environment in which it is built and subdue the chaotic forces at work there. Would this stupa have a similar effect, quelling the forces of Harewood's past and

harmonising the contradictions of its present? A Hare-Marked Moon tells the story behind the extraordinary meeting of cultures that resulted in the Harewood Stupa, interspersed with accounts of David's travels in the Himalayas which delve into the rich and turbulent history of the region, and the beliefs that have shaped it.

Iron-fisted Pope Leo XIV emerges from open heart surgery with the chilling realisation that his reforms have devastated the Church. As he struggles to overcome the policies he himself put in place, he must battle enemies from within the Vatican, as well as Islamic terrorists determined to assassinate him. Amid political intrigue and counterespionage, his brilliant surgeon Salviati becomes a target too, along with Salviati's beautiful mistress, Tove, and her fragile daughter, as the plot builds to a dramatic climax. Lazarus completes Morris West's bestselling Vatican trilogy, following *The Shoes of the Fisherman* and *The Clowns of God*. It can also be read on its own as a gripping exploration of Church politics in a world of crises. 'Timely and absorbing.'

Publishers Weekly 'A tense and exciting thriller.' Library Journal

Here is a powerful new program that can clear away the unconscious agreements patterns that undermine even your best intentions. Through their own marriage and through twenty years' experience counseling more than one thousand couples, therapists Gay and Kathlyn Hendricks have developed precise strategies to help you create a vital partnership and enhance the energy, creativity, and happiness of each individual. You will learn how to: Let go of power struggles and need for control; Balance needs for closeness and separateness; Increase intimacy by telling the "microscopic truth"; Communicate in a positive way that stops arguments; Make agreements you can keep; Allow more pleasure into your life. Addressed to individuals as well as to couples, Conscious Loving will heal old hurts and deepen your capacity for enjoyment, security, and enduring love.

Stories and reflections on the many lessons we learn from cats—about life, love, and our spiritual nature “The Karma of Cats is yet more proof that cats teach us to be better humans, and sometimes even save our lives. Read this book with a cat on your lap, then hand it to another biped in need of inspiration.” —Caroline Paul, author of *Lost Cat and The Gutsy Girl* “What I find most enticing about *The Karma of Cats* are the golden filaments of respect, delight, and appreciation that weave through the unique voice of each storyteller, these kindred spirits who—like ourselves—treasure the remarkable gifts bestowed upon us by our feline family members.” —Susan Chernak McElroy, author of *Why Buffalo Dance* There is nothing quite like the love of a cat. Both revered and feared throughout history, cats are unique in the mystical truths and practical lessons they share with us. In *The Karma of Cats*, spiritual teachers and writers reflect on the wisdom and gifts they've received from their feline friends—exploring themes of radical respect, unconditional love, our spiritual nature, and more. Loving companions and wild spirits, our feline friends have much to teach all who welcome them into their homes and hearts. With an introduction by Seane Corn and contributions by Alice Walker, Andrew Harvey, Biet Simkin, Brother David Steindl-Rast, Damien Echols, Geneen Roth, Jeffrey Moussaieff Masson, Kelly McGonigal, Rachel Naomi Remen, Sterling “TrapKing” Davis, and many more.

Take a peek inside the mind of a delightfully imperfect creature on the path to enlightenment. In the latest instalment of the Dalai Lama's Cat series, readers escape to the enchanting and exotic world of the Dalai Lama's monastery in the Himalayas. His

Holiness's Cat (HHC) is on a mission: to think less, to experience more, to live in the moment. She soon learns the proper phrase for this: being mindful, or, a concept better known to her as the power of meow. What ensues is a journey to discover her own true nature, to gain a deeper understanding of her mind and to experience life's greatest joy - the here and now. By accompanying HHC on her journey, you will learn new ways to relate to your own mind: slowing down, finding peace and abiding in the boundless radiance and benevolence that is your own true nature.

In a remote, Himalayan monastery, Matt Lester has devoted five years of spiritual preparation for this moment: it is his destiny to open an ancient, sealed scroll containing prophetic wisdom the world urgently needs. But when his time comes, violent assailants steal the scroll. Matt is caught up in a dangerous, high-stakes hunt to recover it, turning him from the pursuer to the pursued. On the other side of the world, the results of scientist Alice Weisenstein's mind-body healing research are about to be revealed. Things take a sinister turn when her supervisor goes missing - and she realizes she is being followed. Guided by the lamas, Matt's search for the scroll takes him to Alice. The pair become caught between powerful influences and escalating threats. Together they must decide who they can really trust. The Secret Mantra weaves breakthrough science and spiritual insights into a heart-stopping storyline. It won't just have you turning the pages. It will shake up your whole idea of who you are, and the transformation of which you are capable.

Buddhist thriller written by the best-selling author of The Dalai Lama's Cat series, David Michie.

The Dalai Lama's Cat is getting old. A visit to the vet confirms. Is a future of decrepitude inevitably a cause for despair? She soon finds that a startling reminder of life's transience renews our gratitude for life.

The Dalai Lama's cat is back - older, a bit wiser and as curious as ever. "What makes you purr? Of all the questions in the world, this is the most important... Because no matter whether you are a playful kitten or sedentary senior, whether you're a scrawny alley Tom, or sleek-coated uptown girl, whatever your circumstances you just want to be happy. Not the kind of happy that comes and goes like a can of flaked tuna, but an enduring happiness. The deep down happiness that makes you purr from the heart." In this book, the Dalai Lama sets for his lovable feline companion the task of investigating The Art of Purring. Whether it's the humorous insights gained from a visiting Ivy League Psychology Professor, the extraordinary research of a world-famous biologist, or the life-changing revelations of a mystical yogi, His Holiness's Cat encounters a wealth of wisdom about happiness. And what she discovers changes the way she sees herself forever. With a much loved - and growing - cast of characters from the local community and His Holiness's residence, as well as encounters with intriguing strangers and celebrities from far and wide, The Art of Purring will transport readers in another unforgettable story. Along the way they will come to understand how elements of contemporary science and Buddhism converge. And, once again, they will feel the warmth of compassion and non-attachment that radiate from the heart of the Dalai Lama's teachings about our quest for enduring happiness.

For anyone who wants to start meditating but has been struggling to get to the cushion, here are all the motivation and tools you need to achieve greater balance, better health and a more panoramic perspective of life.

Ex-Buddhist monk turned private eye Tenzing Norbu is back with a new case, a new love—and a whole new set of problems In *The Second Rule of Ten*, Norbu is faced with not one but two cases. While he investigates the unexplained death of his former client—a Hollywood mogul named Marv Rudolf—he must also search for the missing sister of a wizened L.A. philanthropist. But when an unforeseen family crisis that sends him back to Tibet, Ten finds himself on the outs with his best buddy and former partner, Bill, who is heading up the official police investigation into Marv’s death. Cases and crises start to collide. When Ten mistakenly ignores his second rule, he becomes entangled in an unfortunate association with a Los Angeles drug cartel. As he fights to save those he loves, and himself, from the deadly gang, he also comes face to face with his own personal demons. Working through his anger at Bill, doubts about his latest lady love, and a challenging relationship with his father, Ten learns to see the world in a new light—and realizes that in every situation the truth is sometimes buried beneath illusion.

In this collection of short stories, David Michie offers life-enhancing insights with the same heart-warming compassion that pervades his Dalai Lama’s Cat books. “Whatever dreams he was having, Jason knew they had nothing to do with his physical body. His eyes were firmly shut and his consciousness withdrawn from his senses when all this was going on. Yet in his dreams he experienced sights, sounds and even visceral sensations much more intensely than when he was awake. From this he understood that you didn’t need a physical body to see, or smell, or endure any kind of experience with an acuteness that was more real than reality. From an early age he deduced that heaven or hell need not be material places so much as states of mind – and no less glorious or horrifying because of that. There were no limits to mind untethered from form.” What if you could re-live the enchantment of childhood bedtime—but with magic that is real? What if you felt the wonder you once sensed when you believed that anything is possible? Or were inspired to see the world through fresh eyes? In this compendium of delightful short stories, David Michie draws us into the extraordinary experiences of everyday people as they encounter those tell-tale cracks exposing reality as not quite what it seems. Four female book club members are unexpectedly propelled, by the same black and white photograph, to discover a shared purpose beyond their wildest imaginings. An earnest young seeker finds that drawing aside the veil to an immeasurably more wonderful reality, doesn’t depend so much on the arcane books he reads as on a source much closer to home. A cat-crazy woman, who wishes her beloved felines would talk to her, is shaken when she realises what they have been trying to communicate all along. Through intriguing storylines and revelations, David Michie offers life-enhancing insights with the same heart-warming benevolence that pervades his Dalai Lama’s Cat books. How better to gently unwind at the end of the day - and to prepare for the infinite possibilities we may encounter in the realms of our dreams?

A modern retelling of Jane Austen's classic novel finds bookish minister's daughter Cat Morland joining her well-to-do friends in Edinburgh and falling for an up-and-coming lawyer who may harbor unsettling secrets.

In this simple and accessible but beautifully written book, David Michie opens the door to the core teachings of Tibetan Buddhism, and shows us how he himself first began incorporating Buddhist practices into his daily life. What does it take to be happy? We've all asked ourselves this question at some point, but few of us have found the path to lasting fulfillment. David Michie thought he

had achieved his life's goals--the high-level job, the expensive city apartment, the luxury car, the great vacations--but a small voice was telling him he wasn't really happy. A chance remark from a naturopath sent him to his local Buddhist center. There he began the most important journey of his life. In *Buddhism for Busy People* Michie explains how he came to understand the difference between the temporary pleasures of ordinary life and the profound sense of well-being and heartfelt serenity that comes from connecting with our inner nature.

"If you ever doubted that your feline companion has her own inner life, just watch what happens when she falls asleep, and loses conscious control of her physical being . . . a twitching of limbs, a quivering of the jaw, sometimes perhaps a snuffling noise or a meow. . . . Cats may indeed be capable of great mindfulness. But we are thinking beings, too. In my own case, unfortunately, a being who thinks rather too much." In the latest installment of the Dalai Lama's Cat series, *His Holiness's Cat* ("HHC") is on a mission: to think less, to experience more, to live in the moment. She soon learns the proper phrase for this, being mindful, or, a concept better known to her as the power of meow. What ensues is a journey to discover her own true nature, to gain a deeper understanding of her mind, and to experience life's greatest joy, the here and now. Throughout, she shares encounters with familiar inhabitants of Dharamsala, as well as a whole new cast of characters: a senior exec from one of Silicon Valley's most famous social media companies (hint: the name rhymes with "litter"), the Pope's beloved dog (who shares a shockingly similar title: HHD, His Holiness's Dog), and a public health inspector who threatens to have our poor narrator banned from the Himalaya Book Café. In this follow-up to the Dalai Lama's Cat and the Art of Purring, readers escape to the enchanting and exotic world of the Dalai Lama's monastery in the Himalayas, and take a peek inside the mind of a delightfully imperfect creature on the path to enlightenment. By accompanying HHC on her journey, you will learn new ways to relate to your own mind: slowing down, finding peace, and abiding in the boundless radiance and benevolence that is your own true nature.

Written with the same humour, sensitivity and compassion that won the hearts of readers of *Book of Lost Threads*, *The Memory Tree* is one family's journey of love and forgiveness.

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