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He is the co-founder of Tibet House New York, was the first American Tibetan Buddhist monk, and has shared a thirty-five-year friendship with the Dalai Lama. Now, Robert Thurman presents his first completely original book, an introduction to Buddhism and "an inspiring guide to incorporating Buddhist wisdom into daily life" (USA Today).

Bob Thurman | Inner Revolution

This is the vision of "Life, Liberty, and the Pursuit of Real Happiness" announced in the book's title. The means to the realization of this vision, the "cool revolution" that Thurman describes, is captured in the first words of the title, "Inner Revolution."

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Revolution: Life, Liberty, and the Pursuit of Real Happiness, Robert Thurman, a distinguished Buddhist scholar, argues that it can. Inner Revolution is a significant reconstruction of the basic teachings of Bud-

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behind the appearances of everyday life while simultaneously generating boundless, universal compassion for all sentient beings. All forms of Buddhist practice, in every denomination, are ... 2 Thurman Robert, Inner Revolution: Life, Liberty, and the Pursuit of Real Happiness. New York, Penguin Putnam, Inc., 1998; pg. 123.

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Inner Revolution is an invitation to remind us of our Human right to achieve happiness for oneself, others and the planet at large. It is a door to glimpse beyond that which we have all in a way forgotten: the freedom to pursue our true nature.

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