



Peace

Tsem Rinpoche

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“Tsem Rinpoche speaks from a place of true heart-wisdom. In *Peace*, he shows us how to cultivate this heart-wisdom for ourselves, which results in greater peace and happiness. This book is a valuable friend to have on the path.”

—Chris Grosso, best-selling author of *Indie Spiritualist*

“Tsem Rinpoche communicates what peace means in a way that is immediate, earthy, and full of the wisdom of the Tibetan Buddhism tradition—one of the most profound and in-depth paths of awakening on the planet.”

—Purna Steinitz, founder of The Event Training, New Line Consulting, and Heart Stream Education

Peace begins here, right where we are. Far from being a distant concept, inner and outer peace can be created at every moment, in every conversation, and with our every action.

In this compilation of short teachings, Tsem Rinpoche brings us back to the basics of what it means to create peace and lasting harmony within ourselves and with the people around us. He reveals surprising truths, offers us refreshing new perspectives, and gives us practical solutions for dealing with daily situations.

With this book, you will gain the tools to increase the happiness in your life and overcome the hurdles. You will also learn how to foster strong, joyous relationships with others, fight your demons, and enhance your own positive potential in everything you do. Ultimately, you will discover that, just like the book you are now holding, peace is entirely in your hands.

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