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Books by the 14th Dalai Lama, Tenzin Gyatso

A selection from the more than 70 books authored or co-authored by the 14th Dalai Lama, Tenzin Gyatso, or from conferences in which he participated.

[Freedom in Exile: The Autobiography of the Dalai Lama](#). HarperCollins, 1991.

An examination of the inner strength revealed as he mastered the mysteries of both Tibetan Buddhism and the realities of Chinese Communism.

[Mind Science: An East-West Dialogue](#) (with Herbert Benson, Robert A. Thurman, Howard E. Gardner and Daniel Goleman). Wisdom Publications, 1991.

Discussions on medicine, psychiatry, psychology, biology, neurobiology and education among leading authorities of modern science, the Dalai Lama, and other Indo-Tibetan Buddhist scholars, from the 1991 Harvard Mind Science Symposium.

[Gentle Bridges: Conversations with the Dalai Lama on the Sciences of the Mind](#) (with Jeremy Hayward and Francisco Varela). Shambhala Publications, 1992.

Proceedings from the first Mind and Life conference, sponsored by the Mind & Life Institute, at the residence of the Dalai Lama in Dharamsala, India in 1987, in which six scientists from Europe and America, two Tibetan scholars, and the Dalai Lama broached issues of scientific method and validation, perception, consciousness and the brain, cognitive psychology, and evolution.

[The Good Heart: A Buddhist Perspective on the Teachings of Jesus](#). (With an introduction and Christian context by Fr. Laurence Freeman, OSB; translated from Tibetan by Geshe Thubten Jinpa.) Wisdom Publications, 1996.

Comments offering a Buddhist perspective on the four Christian Gospels, including the Sermon on the Mount, the Beatitudes, the parable of the mustard seed, and other passages, compiled from the 1994 John Main Seminar in London sponsored by the World Community for Christian Meditation.

[Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions and Health](#). Shambhala Publications, 1997.

Conversations with the Dalai Lama and Buddhist teachers and Western psychologists, physicians and scientists from the third Mind and Life conference held in 1991 in Dharamsala.

[**Sleeping, Dreaming and Dying**](#) (edited by Francisco Varela). Wisdom Publications, 1997.

Both scientists and Buddhist practitioners recognize the crucial nature of the transitional states of sleeping, dreaming and dying. While at the forefront of research in cognitive science, neurology and psychology, these same states also represent opportunities to transform consciousness itself, as covered at the fourth Mind and Life conference, held in 1992 in Dharamsala.

[**The Art of Happiness: A Handbook for Living**](#) (with Howard C. Cutler, M.D.). Riverhead Books, 1998; updated edition Penguin, 2009.

One of the first titles in the genre, and a cornerstone of the field of positive psychology, these dialogues offer advice on how to defeat day-to-day anxiety, insecurity, anger, and discouragement.

[**Consciousness at the Crossroads: Conversations with the Dalai Lama on Brain Science and Buddhism**](#). Snow Lion Publications, 1999.

An exploration by the Dalai Lama, neuroscientists and psychiatrists of fundamental questions such as the natural science of the mind, consciousness, and mapping brain functions. From the proceedings of the second Mind and Life conference held in 1989 in Newport Beach, California.

[**Ancient Wisdom, Modern World: Ethics for a New Millennium**](#). Little, Brown & Co., 1999.

A call for a spiritual revolution that demonstrates universal principles which transcend the dilemma between belief and disbelief.

[**Visions of Compassion**](#) (edited by Richard Davidson and Anne Harrington). Oxford University Press, 2001.

From the fifth Mind and Life conference in 1995 with the theme "Altruism, Ethics, and Compassion," these conversations among seven American scientists, the Dalai Lama, and Tibetan monks offer a cross-cultural scrutiny of Western behavioral science and its general focus on negative aspects of human nature as compared to the Tibetan Buddhist celebration of the human potential for altruism, empathy, and compassion.

[**Destructive Emotions: A Scientific Dialogue with the Dalai Lama**](#) (with Daniel Goleman). Bloomsbury Publishing, 2004.

A common challenge for humanity lies at the heart of this book, which documents collaborations between the Dalai Lama and scientists at the eighth Mind and Life conference in 2000, focusing on human behavior and understanding and countering destructive emotions.

[**The New Physics and Cosmology**](#) (edited by Arthur Zajonc). Oxford University Press, 2004.

Five leading physicists and the Dalai Lama discuss current thought in theoretical quantum physics in the context of Buddhist philosophy, from the sixth Mind and Life conference in 1997.

[**The Wisdom of Forgiveness**](#) (with Victor Chan). Riverhead Books, 2004.

Intimate and personal conversations between the Dalai Lama and Victor Chan, co-founders of the Dalai Lama Center for Peace and Education in Vancouver.

[**The Universe in a Single Atom: The Convergence of Science and Spirituality**](#). Morgan Road Books, 2005.

An analysis of 40 years of study with some of the greatest scientific minds in conjunction with a lifetime of meditative, spiritual and philosophical study, and how pursuit of these disciplines may arrive at a complete picture of the truth. Topics include emptiness, relativity, and quantum physics; the Big Bang and the Buddhist concept of a beginning-less universe; a science of consciousness; ethics and the new genetics; and science, spirituality, and humanity. The book explores parallels and points of possible intersection between Buddhism and science, and reflects on methods for exploring reality and the nature of life and consciousness.

[**The Dalai Lama at MIT**](#) (edited by Anne Harrington and Arthur Zajonc). Harvard University Press, 2006.

The proceedings from the 2003 Investigating the Mind conference at the Massachusetts Institute of Technology includes papers presented by scientists, Buddhist monks and scholars, and the Dalai Lama on attention, cognitive control, imagery and visualization, and the nature of emotion, along with the animated discussions that followed.

[**Leader's Way: Business, Buddhism and Happiness in an Interconnected World**](#) (with Laurens van den Muyzenberg). Nicholas Brearley, 2009.

Born out of a decade of discussion and debate with an international management consultant, this book flows from those meetings of the global marketplace and Buddhism.

[**Toward a True Kinship of Faiths: How the World's Religions Can Come Together**](#).

Doubleday, 2010.

An exploration of how differences between religions can be genuinely appreciated instead of serving as sources of conflict, offering a hopeful yet realistic step into the future for humanity.

[**Beyond Religion: Ethics for a Whole World**](#). Houghton Mifflin Harcourt, 2011.

An argument that religion is not a necessity for pursuing a spiritual life, instead looking to a system of secular ethics grounded in a deep appreciation of common humanity.

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