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positive states of mind and remove negative emotions by exercising our mind in goodness kindness compassion and respect for others we will find the foundations that are necessary for happiness he s the dalai lama the spiritual and temporal leader of tibet the nobel prize winner and increasingly popular speaker and statesman why is he so popular even after spending just a few minutes in his presence you can t help feeling just a little bit happier for real happiness a warm heart is more important than a brilliant mind remember that your best most reliable friend is your own intelligence and your own warmheartedness let this be your

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