



The Art of Purring

David Michie

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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' 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' 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.

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