



Words of Wisdom with The Dalai Lama: A Daily Journey Filled with Wit, Humor & Food for the Soul

Alece Walz

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Words of Wisdom with The Dalai Mama takes you on a journey through daily struggles and questions that we all have, sprinkled with wit, humor and food for the soul. We all desire the same things in life ~ happiness, love, adventure, contentment and peace. Words of Wisdom with The Dalai Mama will leave you laughing, dreaming and questioning "What If?" Namaste' (the light in me honors the light in you), God Bless (self-explanatory), Shalom (Nothing Missing ~ Nothing Broken), & L'Chayim (Here's to Life!)

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