



The Dalai Lama's Cat and the Art of Purring

What makes you purr? Of all the questions in the world, this is the most important. It is also the great leveler. Because no matter whether you are a playful kitten or a sedentary senior, a scrawny alley Tom or a 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. Before leaving for a teaching tour to America, the Dalai Lama poses a challenge to his beloved feline, HHC (His Holiness's Cat): to discover the true cause of happiness. Little does she know what adventures this task will bring! A hair-raising chase through the streets of McLeod Ganj leads to an unexpected revelation about the perils of self-obsession. An encounter with the mystical Yogi Tarchen inspires a breakthrough discovery about her past—one with dramatic implications for us all. And overheard conversations between ivy-league psychologists, high-ranking lamas, and famous writers who congregate at the Himalaya Book Café help her explore the convergence between science and Buddhism on the vital subject of happiness. Sparkling with wisdom, warmth, and a touch of mischief, *The Dalai Lama's Cat and the Art of Purring* is a charming reminder of why HHC is becoming one of the most-loved cats around the world. So what is the true cause of purring? The Dalai Lama whispers this secret on his return—only for the ears of HHC and those with whom she has a karmic connection . . . that, dear reader, means you! (9781401943271)

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