

The Dalai Lamas Cat And The Art Of Purring

Buddhism for Busy People Two for the Money The Seed of Compassion Angel Numbers The Third Eye Raise Your Vibration The Dalai Lama's Cat and the Four Paws of Spiritual Success The Magician of Lhasa His Holiness the Fourteenth Dalai Lama Conscious Loving F**k It Rolling in the Deep The Confidence Myth The Path to Enlightenment Set Free Women of the Bible: Rahab's Story: A Novel The Art of Happiness The First Rule of Ten Rahab's Story Transcendent Wisdom The Little Book of Buddhism The Wisdom Codes The Guest Cat Spontaneous Creativity Buddhism for Pet Lovers His Holiness The Travelling Cat Chronicles The Dalai Lama's Cat and the Art of Purring The Dalai Lama's Cat and the Power of Meow The Divinity of Dogs How to See Yourself as You Really are The Mindful Leader The Universe in a Single Atom The Dalai Lama's Cat The Dark Temple The Dalai Lama's Little Book of Wisdom The Dalai Lama's Secret Temple The Meaning of Life from a Buddhist Perspective Essential Teachings Hurry Up and Meditate

Buddhism for Busy People

"Don't ignore intuitive tickles lest they reappear as sledgehammers." That's the first rule of Ten. Tenzing Norbu ("Ten" for short)—ex-monk and soon-to-be ex-cop—is a protagonist unique to our times. In *The First Rule of Ten*, the first installment in a three-book detective series, we meet this spiritual warrior who is singularly equipped, if not occasionally ill-equipped, as he takes on his first case as a private investigator in Los Angeles. Growing up in a Tibetan Monastery, Ten dreamed of becoming a modern-day Sherlock Holmes. So when he was sent to Los Angeles to teach meditation, he joined the LAPD instead. But as the Buddha says, change is inevitable; and ten years later, everything is about to change—big-time—for Ten. One resignation from the police force, two bullet-wounds, three suspicious deaths, and a beautiful woman later, he quickly learns that whenever he breaks his first rule, mayhem follows. Set in the modern-day streets and canyons of Los Angeles, *The First Rule of Ten* is at turns humorous, insightful, and riveting—a gripping mystery as well as a reflective, character-driven story with intriguing life-lessons for us all.

Two for the Money

A brand-new edition of the first two classic Nolan novels, *Bait Money* (1973) and *Blood Money* (1973), now with a beautiful new cover painting. AFTER 16 YEARS ON THE RUN, WOULD NOLAN BURY THE HATCHET WITH THE

MOB OR WOULD THEY BURY HIM FIRST? They don't come tougher than Nolan - but even a hardened professional thief can't fight off the entire Chicago mafia. So when an old friend offers to broker a truce, Nolan accepts the terms. All he has to do is pull off one last heist - and trust the Mob not to double cross him. Fortunately, Nolan has a couple of things going for him: an uncanny knack for survival and an unmatched hunger for revenge

The Seed of Compassion

In *His Holiness*, award-winning photographer Raghu Rai has captured the Dalai Lama's journey in India since exile from Tibet in 1959. Rai presents an intimate photographic portrayal of the life of one of the most popular twentieth-century spiritual leaders. Since the fourteenth Dalai Lama's forced exile from Tibet in 1959, Raghu Rai, one of the world's most famous photographers, has documented his life in India. Now leading Tibetan Buddhists from afar, His Holiness is respected around the world as a pillar of peace and moral strength while he remains separated from his country. Enhanced by historical commentary and archival photos of the Dalai Lama and Tibet, Rai's work follows the spiritual leader's journey from exile through his present worldwide influence in a stunning and intimate photo series. Born to a peasant family in 1935, Lhamo Thondup was recognized at age two as the reincarnation of the Dalai Lama and became the temporal leader of Tibet at age fifteen. In 1959, he was forced into exile in India after the Chinese military occupation of Tibet. Since 1960, he has resided in Dharamsala, aptly known as "Little Lhasa," the seat of the Tibetan government-in-exile. Award-winning photographer Raghu Rai has spent over four decades charting the changing face of India. Photographing subjects from Indira Gandhi and Mother Teresa to the victims of Bhopal, he is one of the most prominent and well-known visual chroniclers of the country. In *His Holiness*, Raghu Rai has captured the journey of the Dalai Lama in India, presenting an intimate photographic portrayal of the life of one of the most popular twentieth-century spiritual leaders, the Dalai Lama.

Angel Numbers

The fourth book in the globally popular Dalai Lama's Cat series. *His Holiness's Cat* explores the four main themes of Tibetan Buddhism.

The Third Eye

When we discuss creativity, it is often from an "I", egocentric perspective. I and I alone have this unique gift. I and I alone must suffer for the art of it. I and I alone am destined to carry the burden of this genius. But what if we considered creativity from the perspective of being in service to and for the benefit of others? What if we connected to the Source with the goal of fully sharing our infinite creativity with the world beyond? What if we fully experienced our authentic presence, let go of our ego, and ignited our sacred fire of creativity? Acclaimed author and highly respected spiritual teacher Tenzin Wangyal Rinpoche pulls from ancient Tibetan Buddhist traditions to delve into the heart of creativity in an authentic and fully realized way. Reconnection begins with acknowledging our suffering and discomfort as much as from having an awareness of openness and trusting our core sense of being. Through thoughtful contemplation, reflection and guided meditations, Rinpoche opens the doors to our body, speech and mind, enabling us to awaken our highest place, unlimited in its potential.

Raise Your Vibration

The teachings of the fourteenth Dalai Lama, recipient of the 1989 Nobel Peace Prize, are presented in two parts: "The Path of the Bodhisattva," concerning "the mind of awakening;" and "The Key of Madhyamika," specifically addressing the Western practitioner. Original. IP.

The Dalai Lama's Cat and the Four Paws of Spiritual Success

This book encompasses the essence of love and compassion, offering practical wisdom for our everyday lives. Whoever you are, whatever your beliefs, you are the creator of your own happiness.

The Magician of Lhasa

The cutting edge of neurolinguistics meets the spiritual wisdom of the ages in a handbook of key words that literally rewire our brains. New discoveries in biology and the neurosciences are revealing how the structure of language—the words we think and speak—can actually change the way the neurons in our brains and hearts connect. But our ancestors understood this connection intuitively, thousands of years ago. They created specific word-patterns to provide comfort, healing, strength, and inner power in difficult times, and they encoded these powerful words in prayers, chants, mantras, hymns, and sacred writings to preserve them for future generations. Now beloved teacher and thought leader Gregg Braden cracks the code and puts these powerful words in your hands. Perfect as a pocket guide, a reference for spiritual

study, or a gift to someone you love, this elegant, compact book contains Wisdom Codes that cut to the core of life's greatest tests, most challenging demands, and hardest lessons. You'll find chapters devoted to healing from loss and grief, facing your unspoken fears, finding certainty in the face of uncertain choices, and finding forgiveness, as well as ancient parables that offer a "fast track" to unraveling life's deepest mysteries. Each Wisdom Code—distilled from a quote, a scripture passage, or a parable—is accompanied by a brief discussion of what the code means, why it's important, and how to apply it in your life.

His Holiness the Fourteenth Dalai Lama

'The man with the gun pushed me down onto the carpet. I tried to cower to make my body curl smaller, instinctively covering my head. 'Oh God, please don't kill me.' My words clung to my teeth and now my whole body was so cold. All I had left were these words. 'Please. Please don't kill me. Jesus. God. Please.' I wanted to live and I knew it with absolute certainty. I don't want to die.' Emma Slade was a high-flying debt analyst for a large investment bank, when she was taken hostage in a hotel room on a business trip to Jakarta. She thought she was lucky to come out of it unscathed, but over the ensuing weeks and months, as the financial markets crashed, Emma became her own distressed asset as the trauma following the event took hold. Realising her view on life had profoundly changed she embarked upon a journey, discovering the healing power of yoga and, in Bhutan, opening her eyes to a kinder, more peaceful way of living. From fast-paced City life to the stillness of Bhutan's Himalayan mountains, 'Set Free' is the inspiring true story of Emma's astonishing life lived to extremes and all that that entails: work, travel, spirituality, Buddhism, relationships, and the underlying question of what makes a meaningful life.

Conscious Loving

"In the months that followed I watched His Holiness working on a new book . . . I began to think that perhaps the time had come for me to turn my paws to a book of my own . . . one that tells my own tale . . . How I was rescued from a fate too grisly to contemplate, to become constant companion to a man who is not only one of the world's greatest spiritual leaders and a Nobel Peace Prize laureate, but who is also a dab hand with the can opener." Not so much fly-on-the-wall as cat-on-the-sill, this is the warmhearted tale of a small kitten rescued from the slums of New Delhi who finds herself in a beautiful sanctuary with sweeping views of the snow-capped Himalayas. In her exotic new home, the Dalai Lama's cat

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encounters Hollywood stars, Buddhist masters, Ivy-league professors, famous philanthropists, and a host of other people who come visiting His Holiness. Each encounter offers a fresh insight into finding happiness and meaning in the midst of a life of busy-ness and challenge. Drawing us into her world with her adorable but all-too-flawed personality, the Dalai Lama's cat discovers how instead of trying to change the world, changing the way we experience the world is the key to true contentment. Featuring a delightful cast of characters, timeless Buddhist wisdom, and His Holiness's compassion pervading every chapter, The Dalai Lama's Cat is simply enchanting.

Fk It**

T. Lobsang Rampa was preordained to be a Tibetan priest, a sign from the stars that could not be ignored. When he left his wealthy home to enter the monastery, his heart was filled with trepidation, with only a slight knowledge of the rigorous spiritual training and physical ordeal that awaited him.

Rolling in the Deep

For the first time ever, Nobel Peace Prize Laureate His Holiness the Dalai Lama addresses children directly, sharing lessons of peace and compassion, told through stories of his own childhood. One of today's most inspiring world leaders was once an ordinary child named Lhamo Thondup. In a small village in Tibet, his mother was his first great teacher of compassion. In everyday moments from his childhood, young readers begin to see that important lessons are all around us, and that they, too, can grow to truly understand them. With simple, powerful text, the Dalai Lama shares the universalist teachings of treating one another with compassion, which Bao Luu illustrates beautifully in vibrant color. In an increasingly confusing world, The Seed of Compassion offers guidance and encouragement on how we all might bring more kindness to it.

The Confidence Myth

Shares tales about dogs who advanced spiritual enlightenment in the humans whose lives they touched, from a Chihuahua who detected breast cancer in her owner to a Rottweiler who prevented her owner from committing suicide.

The Path to Enlightenment

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This extraordinarily clear exposition on the wisdom section of the Guide to the Bodhisattva's Way of Life is based on an oral teaching given in India by His Holiness the Dalai Lama before an audience of thousands of Tibetans and Westerners in 1979. Shantideva's Guide to the Bodhisattva's Way of Life is one of the most important texts in the Mahayana tradition of Buddhist practice. Its ninth chapter, the section on transcendent wisdom, is known among Buddhist scholars as a challenging exposition of Madhyamika philosophy, difficult to understand without a commentary. This invaluable volume, with its precise elucidation of core issues of Tibetan Buddhism, stands as a key work in Buddhist literature. In this book we have the Dalai Lama at full strength a profound work. -Parabola

Set Free

"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." His Holiness's cat is back-older, a bit wiser, and as curious as ever. 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's 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's residence, as well as encounters with intriguing strangers and celebrities from far and wide, The Dalai Lama's Cat and 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 nonattachment that radiate from the heart of the Dalai Lama's teachings about our quest for enduring happiness.

Women of the Bible: Rahab's Story: A Novel

Are you seeing number sequences like 11:11 and 4:44 everywhere you turn, from license plates to receipts and digital clocks. If so, it could be your angels sending you a message. In this book, bestselling angel author Kyle Gray explains exactly what your angels are trying to tell you through repeated sequences and from numbers 0 through 999.

The Art of Happiness

Buddhist thriller written by the best-selling author of The Dalai Lama's Cat series, David Michie.

The First Rule of Ten

A life-affirming anthem to kindness and self-sacrifice, The Travelling Cat Chronicles shows how the smallest things can provide the greatest joy. We take journeys to explore exotic new places and to return to the comforts of home, to visit old acquaintances and to make new friends. But the most important journey is the one that shows us how to follow our hearts . . . An instant international bestseller, The Travelling Cat Chronicles has charmed readers around the world. With simple yet descriptive prose, this novel gives voice to Nana the cat and his owner, Satoru, as they take to the road on a journey with no other purpose than to visit three of Satoru's longtime friends. Or so Nana is led to believe . . . With his crooked tail--a sign of good fortune--and adventurous spirit, Nana is the perfect companion for the man who took him in as a stray. And as they travel in a silver van across Japan, with its ever-changing scenery and seasons, they will learn the true meaning of courage and gratitude, of loyalty and love.

Rahab's Story

For anyone who wants to start meditating but has been struggling to get to the cushion, here are all the motivation and tools you need to achieve greater balance, better health and a more panoramic perspective of life.

Transcendent Wisdom

With characteristic humour and a down-to-earth approach to the Buddhist path, the Dalai Lama offers us an inspirational way to transform our hearts and minds and create the happiness we seek. He shows us how our state of mind, in terms of our attitudes and emotions, plays a crucial role in shaping the way we experience happiness and suffering.

The Little Book of Buddhism

The bonds we share with our pets go beyond words and are often deeper than many of our human relationships. What is the nature of these close connections? And what if our influence on pets, both in life and especially through sickness and death, is far more powerful than we ever conceived? David Michie draws on ancient Buddhist wisdom, supported by contemporary science, to provide fascinating insights into animal consciousness. He proposes that the pets with whom we share our lives are not there by accident. Whether your animal companion has fur, feathers or fins, he offers a treasury of practical tools to enhance your relationship with them in everyday life, as well as during times of challenge. Written with humour and compassion, and including extraordinary true stories from around the world, Buddhism for Pet Lovers reveals how our animal companions may indeed be among our most precious partners. For in helping them, our own lives are incomparably enriched too. 'If you have ever deeply loved an animal, this is, without doubt, the book for you.' Gail Pope, BrightHaven 'Our pets offer us one of our greatest opportunities to add compassion to the world. This book helps direct us to a path toward the blossoming of that opportunity.' Carl Safina, author of Beyond Words, and What Animals Think and Feel

The Wisdom Codes

"Once, she was Rahab, the beautiful eldest daughter or a rug seller--and secret believer in her dead mother's cherished Judaism. But when her hateful stepmother accused her of witchery, Rahab was banished to live off the streets in Jericho. Now the girl known as Rahab the Outcast has no choice but to mingle with the city's untouchables--and join its ranks of prostitutes Even in the mire, Rahab keeps alive her faith in God. Then two Jewish spies for Joshua appear on her doorstep, begging her to hide them. Now, Rahab faces the biggest decision of her life: stay safe and slam the door in their faces--or help her fellow believers and transform herself from harlot to heroine "--Flyleaf.

The Guest Cat

On a willow-covered island behind Tibets Potala Palace is a small pagoda roofed Khang, or temple, a place reserved exclusively for the Dalai Lamas as a place of meditation and spiritual retreat. During the brief reign of the Sixth Dalai Lama, who built the Lukhang Temple in the 18th century, unknown artists created a series of mysterious paintings on its chapel walls; comparable in quality and ambition to the Sistine Chapel in Rome, these masterpieces of Tibetan art are superbly reproduced here in this extraordinary publication, which is now available in paperback. This treasure of Tibetan Buddhist

spirituality is presented in a magnificent and sumptuous large format edition. The vivid detail, rich colour and awe-inspiring impact of this path to spiritual liberation can at last be experienced outside the Lukhang Chapel.

Spontaneous Creativity

Kyle Gray's phenomenal psychic gifts have made him one of the UK's most popular experts in the field. Now, in *Raise Your Vibration*, Kyle teaches readers how they too can develop their psychic abilities and discover the powerful talents within them. In this book, Kyle outlines the 111 key practices that he himself has been using for over 10 years to build his phenomenal skill. Readers will learn how to:

- strengthen their connection to their guides
- improve their intuition
- integrate forgiveness and love into their daily actions and decisions

The format of the book allows readers to either go through all of the practices 111 days in a row or pick a practice at random. With this book, Kyle aims to guide the reader to access the deepest and most beautiful part of themselves and start the journey towards becoming a positive force in the world. This is a must-read for anyone who wishes to develop their psychic abilities or deepen their spiritual practice.

Buddhism for Pet Lovers

Not only do we need more female leaders at the top, but we need more women at all levels of business, government, and nonprofits to step up—there's no time to waste. The problem, says Helene Lerner, isn't so much that women lack confidence but that they misunderstand what confidence really is. True confidence isn't fearlessness; it's having the courage to jump in even when your knees are shaking. Any woman who waits until she feels 100 percent confident before offering a big idea or asking for a raise or promotion will never get anywhere. Drawing on her own and other female leaders' experiences, as well as on her survey of over 500 working women, Lerner lays out practical strategies for beating this confidence myth and overcoming obstacles like gender bias. The book features dozens of *Confidence Sparks*, simple but powerful exercises and techniques that can catapult anyone's career to the next level.

His Holiness

The bible is filled with women of faith, bravery, and cunning. Here is one woman's tale—as it might have

happened... "And the city shall be accursed...and all that are therein...only Rahab the harlot shall live..."—Joshua 6:17 Once, she was Rahab the Beautiful, eldest daughter of a weaver—and secret believer in her dead mother's cherished Judaism. But when her hateful stepmother accused her of witchery, Rahab was banished to almost certain death in Jericho. Now the girl known as Rahab the Outcast has no choice but to mingle with the city's untouchables—and join its ranks of prostitutes... Even from the mire, Rahab keeps alive her faith in God. Then two Jewish spies for Joshua appear on her doorstep, begging her to hide them. Now, Rahab faces the biggest decision of her life: stay safe and slam the door in their faces—or help her fellow believers, and transform herself from harlot to heroine.

The Travelling Cat Chronicles

His Holiness provides step-by-step exercises to help readers shatter their false assumptions and ideas of the self and see the world as it actually exists, which is a prelude to right action.

The Dalai Lama's Cat and the Art of Purring

The Dalai Lama's Cat and the Power of Meow

In this unique and important book, one of the world's great spiritual leaders offers his practical wisdom and advice on how we can overcome everyday human problems and achieve lasting happiness. The Art of Happiness is a highly accessible guide for a western audience, combining the Dalai Lama's eastern spiritual tradition with Dr Howard C. Cutler's western perspective. Covering all key areas of human experience, they apply the principles of Tibetan Buddhism to everyday problems and reveal how one can find balance and complete spiritual and mental freedom. For the many who wish to understand more about the Dalai Lama's approach to living, there has never been a book which brings his beliefs so vividly into the real world.

The Divinity of Dogs

"Author of The Dalai Lama's cat"—Cover.

How to See Yourself as You Really are

A brutal cult. A gruesome rite. A primal evil At a remote farmhouse outside Turin, a mysterious religious exorcism goes horribly wrong, setting in motion a series of catastrophic events, that threatens to bring the world to its knees Meanwhile, Professor Alex Harker is settling into his new life in the Templar Brotherhood, when he is suddenly whisked away to the Tower of London. There he learns of a disturbing murder, and a strange riddle hinting at a sinister truth. Now the fate of the Templars hangs in the balance, at risk from a powerful conspiracy, which, unbelievably, seems to lead back to the very source of evil: the Devil himself A stunning conspiracy thriller you'll have to read to believe, perfect for fans of Scott Mariani, Chris Kuzneski and Dan Brown.

The Mindful Leader

The Universe in a Single Atom

A new generation of business leaders is turning to mindfulness as a cutting-edge leadership tool. Scientific research suggests that the practice of mindfulness (a technique for learning to live in the present moment) can help individuals to gain clarity, reduce stress, optimize performance, and develop a greater sense of well-being. In *The Mindful Leader*, Michael Carroll explains what mindfulness is and how to develop it in the hectic and often stressful environment of the twenty-first century workplace. He focuses on ten key principles of mindfulness and how they apply to leading groups and organizations. Along the way, Carroll addresses a range of topics, including how to: heal the "toxic workplace," where anxiety and stress impede performance cultivate courage and confidence in the face of workplace difficulties pursue organizational goals without neglecting what's happening here and now lead with wisdom and gentleness, not just with ambition and power start a personal meditation practice to develop your innate leadership talents Full of engaging stories and practical exercises, *The Mindful Leader* will help leaders in any field to discover their innate intelligence, bravery, and joy on the job.

The Dalai Lama's Cat

A wonderful sui generis novel about a visiting cat who brings joy into a couple's life in Tokyo A bestseller in France and winner of Japan's Kiyama Shohei Literary Award, *The Guest Cat*, by the acclaimed poet Takashi Hiraide, is a subtly moving and exceptionally beautiful novel about the transient nature of life and idiosyncratic but deeply felt ways of living. A couple in their thirties live in a small rented

cottage in a quiet part of Tokyo; they work at home, freelance copy-editing; they no longer have very much to say to one another. But one day a cat invites itself into their small kitchen. It leaves, but the next day comes again, and then again and again. Soon they are buying treats for the cat and enjoying talks about the animal and all its little ways. Life suddenly seems to have more promise for the husband and wife – the days have more light and color. The novel brims with new small joys and many moments of staggering poetic beauty, but then something happens.... As Kenzaburo Oe has remarked, Takashi Hiraide's work "really shines." His poetry, which is remarkably cross-hatched with beauty, has been acclaimed here for "its seemingly endless string of shape-shifting objects and experiences, whose splintering effect is enacted via a unique combination of speed and minutiae."

The Dark Temple

The story of how a corporate communications consultant discovered Buddhism is woven through this bestselling, simply written, inspiring introduction to meditation practice and Buddhist philosophy.

The Dalai Lama's Little Book of Wisdom

This biography of the Dalai Lama--blessed by His Holiness himself--is the most authentic and intimate profile of the world's greatest living spiritual figure. Tenzin Geyche Tethong, a close aide of His Holiness for forty years who became family, offers readers unprecedented access to the Dalai Lama in this beautifully illustrated book. The Dalai Lama's youngest brother, Ngari Rinpoche Tenzin Choegyal, who was only 12 years old when he accompanied His Holiness on his dangerous 1959 escape to India, is a personal friend of Tethong and the mentor for this book project. As "elders" to the Tibetan community in exile, these men have come together to tell the true story of His Holiness--their brother, friend, and leader. Featuring previously unpublished photographs, as well as interviews and memories of those closest to him, this book renders unparalleled insights into the Dalai Lama's experiences as the preeminent leader of Tibet, and the wealth of his compassion and gentle humor in the face of the ongoing conflict. This is in no small part due to Tethong and Ngari Rinpoche's unique perspectives on many sensitive issues. Richly compelling, His Holiness the Fourteenth Dalai Lama: An Illustrated Biography is a stunning visual celebration of the Dalai Lama, sketching a memorable portrait of an icon and a cause that have won the attention and hearts of billions across the world. * As his long-time personal secretary, Tethong was privy to the Dalai Lama's difficult relationship with India during his exile, with many challenges arising from his host country's ambivalence to Tibet. Tethong candidly discusses

India's lackluster attempts at uplifting his people--denying them official documentation, restricting employment, and crowding refugees in the remote location of Dharmasala--citing its fear of angering China as the reason behind its ambivalence towards Tibet. * Ngari Rinpoche revisits his own profound memory of their exile: his time in the Special Frontier Force, or the "22" of the Indian Army, a period of his life for which there had previously been little recorded information. Ngari Rinpoche and his wife, Rinchen Khando, were one of the many Tibetans who joined this covert force with the intent of fighting the Chinese, under the guidance of intelligence agencies such as India's RAW and the American CIA. For the very first time, they discuss their American colleagues, the disappointments they faced as part of the "22," and the experiences that led to Ngari Rinpoche's depressive episode. * Tethong also sheds much-needed light on the Dalai Lama's Nobel Prize-winning campaign for the spiritual and political liberation of his people. He adopts a nuanced approach towards the Dalai Lama's non-violent struggle for Tibetan autonomy, writing frankly about their attempts to mediate the political differences between younger Tibetans in Dharmasala and the Tibetan administration. He also explores the numerous political difficulties faced by the Dalai Lama's cause in the years before its worldwide recognition.

The Dalai Lama's Secret Temple

The Meaning of Life from a Buddhist Perspective

Here is a powerful new program that can clear away the unconscious agreements patterns that undermine even your best intentions. Through their own marriage and through twenty years' experience counseling more than one thousand couples, therapists Gay and Kathlyn Hendricks have developed precise strategies to help you create a vital partnership and enhance the energy, creativity, and happiness of each individual. You will learn how to: Let go of power struggles and need for control; Balance needs for closeness and separateness; Increase intimacy by telling the "microscopic truth"; Communicate in a positive way that stops arguments; Make agreements you can keep; Allow more pleasure into your life. Addressed to individuals as well as to couples, Conscious Loving will heal old hurts and deepen your capacity for enjoyment, security, and enduring love. From the Trade Paperback edition.

Essential Teachings

The Dalai Lama explains the spiritual path based on the famous Buddhist image of the Wheel of Life.

Hurry Up and Meditate

In this inspiring and humorous book, John C. Parkin suggests that saying F**k It is the perfect Western expression of the Eastern spiritual ideas of letting go, giving up, and finding real freedom by realizing that things don't matter so much (if at all). It's a spiritual way that doesn't require chanting, meditating, or wearing sandals. And it's the very power of this profanity that makes it perfect for shaking us Westerners out of the stress and anxiety that dominate our daily lives. With the help of this book, people around the world are now saying F**k It to their worries and concerns, to the "shoulds" and the "oughts" that dominate their lives, and finally doing what they want to, no matter what others might think. "Self-help for the time-poor and psycho-babble intolerant." MARIE CLAIRE

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