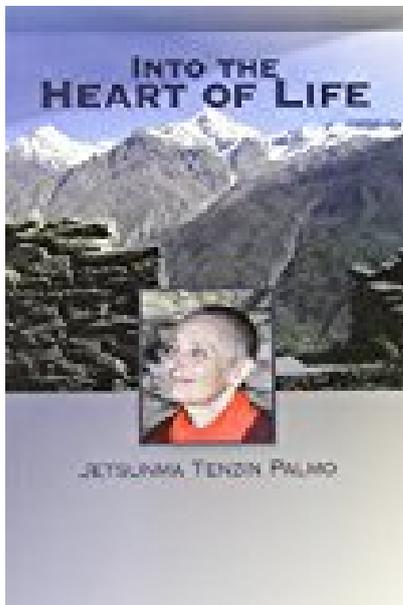


Into the Heart of Life



BOOK DETAILS

- Author : Jetsunma Tenzin Palmo
- Pages : 200 Pages
- Publisher : Snow Lion
- Language : English
- ISBN : 1559393742

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BOOK SYNOPSIS

Hidden from the rest of the world, high in the Himalayan mountains, the people of Tibet developed a science of the mind over the centuries it took the West to build cars and planes. Forty years ago, Tenzin Palmo was one of the early Western women to meet the lamas coming out of Tibet and to study the Tibetan Buddhist teachings deeply. In her second book, she invites Western readers into the heart of the Tibetan Buddhist tradition. In her characteristically clear and insightful style, she introduces us to the essential teachings on impermanence, happiness and compassion, and shows how we can use them to enhance our lives. She also shares some of the highest wisdom teachings on emptiness and enlightenment. Whether or not you are a Buddhist, *Into the Heart of Life* can help you develop more sanity, wisdom, compassion and fulfillment in your life.- rarely are Buddhist teachings presented with such vivid immediacy and insight as in this gleaming jewel of a book! Stimulating, challenging and wonderfully motivating, Jetsunmas book will be treasured both by newcomers and seasoned practitioners alike. -David Michie, author of *Buddhism for Busy People*- tenzin Palmo is one of the most genuine and accomplished of Western practitioners. -Jack Kornfield, author of *A Path with Heart*

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