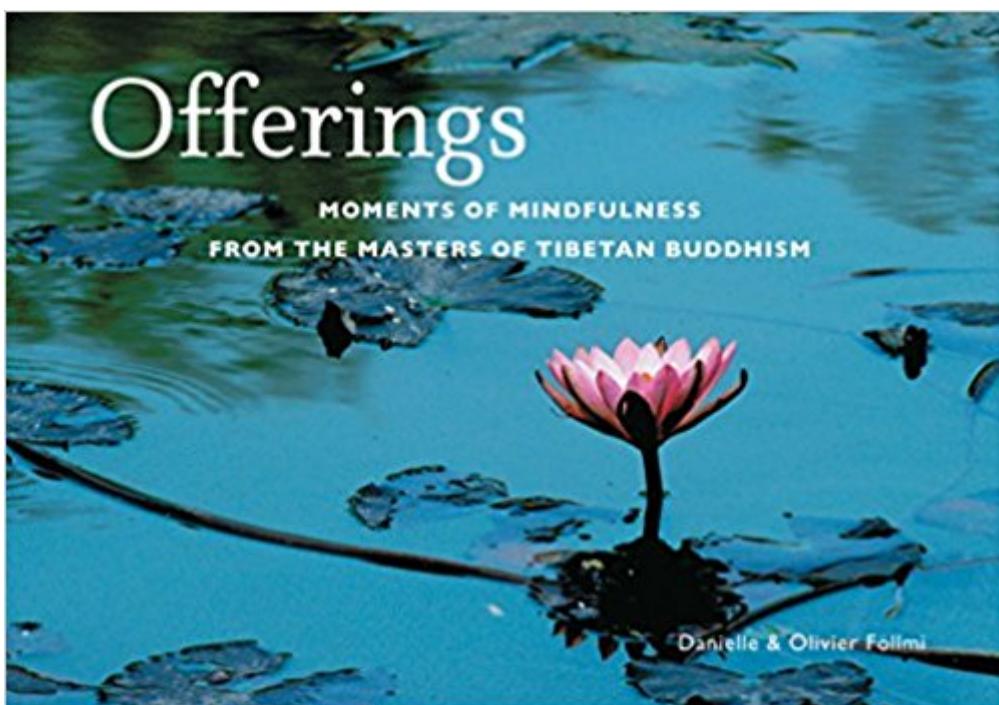


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Offerings: Moments Of Mindfulness From The Masters Of Tibetan Buddhism (Mini)



Synopsis

Offerings is a deeply thoughtful collection of wisdom and knowledge from Tibetan Buddhism. Based on the original title, published in 2003, this new edition showcases the best of the acclaimed book in a charming smaller format. Including stunning imagery, the book pairs each of its photographs with a choice Buddhist quote. The masters of Tibetan Buddhismâ "including His Holiness the Dalai Lama, Kalu Rinpoche, ChÃ¶gyam Trungpa, Shabkar Tsogdruk Rangdrol, Jack Kornfield, and Arnaud Desjardinsâ "convey their understanding of existence, presenting a vision of life that celebrates humanity and encourages continual self-improvement.

Book Information

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Customer Reviews

Once the official photographer of the Dalai Lama, Olivier FÃ¶llmi is a World Press Photo Awardâ "winning photographer whose work has been exhibited worldwide. Â Danielle FÃ¶llmi is a writer and medical doctor who has practiced on three continents. The couple has authored more than 20 books, including Offerings and Wisdom.

This book is awesome! I use the different quotes in the beginning my substance abuse groups and clients love it.

What a great gift to a wonderful friend.

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