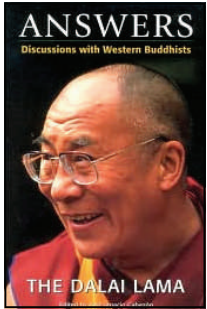


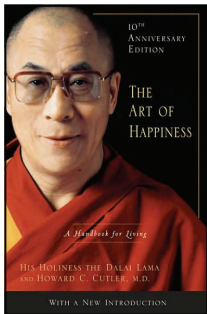
Buddhism: An Introduction



Whether you are completely new to Buddhism, or have learned a little bit and want to know more about the concepts of Buddhism, try these suggested books geared toward providing an overview to Western students.

Answers: Discussions With Western Buddhists by His Holiness, the XIV Dalai Lama

In these lively discussions, the Dalai Lama exhibits clear and penetrating insight into issues that are most important to Western students. The topics discussed include: psychology, Christianity, practicing Buddhism in the West, spiritual teachers, reincarnation, emptiness, tantra, deities, liberation, meditation, compassion, the power of holy places, and retreats.

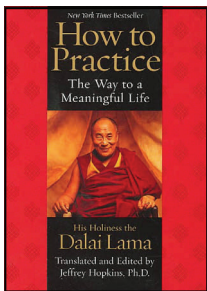


The Art of Happiness by His Holiness, the XIV Dalai Lama (with Howard Cutler)

Have you ever wondered what it would be like to sit down with the Dalai Lama and really press him about life's persistent questions? Why are so many people unhappy? How can I abjure loneliness? How can we reduce conflict? Is romantic love true love? How should we deal with unfairness and anger? How do you handle the death of a loved one? These are the conundrums that psychiatrist Howard Cutler poses to the Dalai Lama during an extended period of interviews. Also try **The Art of Happiness at Work** and **The Essence of Happiness**.

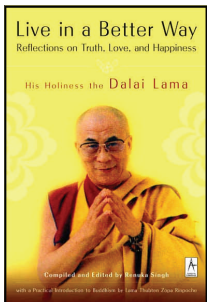
How To Practice by His Holiness, the XIV Dalai Lama

As a primer on living the good life, few books compete with How to Practice, another profound offering from the exiled Tibetan Buddhist leader His Holiness the Dalai Lama. Westerners may be confused by the book's title, assuming that it focuses solely on Buddhist meditation and prayer techniques. Though it does address meditation and prayer, at its core this is a book that demonstrates how day-to-day living can be a spiritual practice.



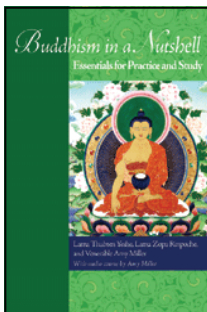
How To Expand Love by His Holiness, the XIV Dalai Lama

In this accessible and insightful book, His Holiness the Dalai Lama helps us to open our hearts and minds to the experience of unlimited love, transforming every relationship in our lives and guiding us ever closer to wisdom and enlightenment. The seven meditation stages that the Dalai Lama guides us through are perfect no matter at what level of practice you are. The lessons, teachings and meditations in this book will last you the rest of your life.



Live In a Better Way by His Holiness, the XIV Dalai Lama

Imbued with a friendly tone and pithy wisdom, this handsome handbook to approaching life "in a better way" includes six of His Holiness the Dalai Lama's most accessible and inspirational public lectures. Following each talk are the original question-and-answer sessions in which His Holiness opens himself up to his listeners and now-to readers everywhere.

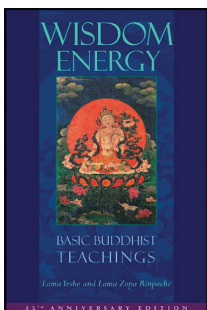


Buddhism In a Nutshell by Lama Yeshe, Lama Zopa Rinpoche & Ven. Amy Miller

an overview of the complete Buddhist path to enlightenment that combines the blessings and transformational teachings of Tibetan Buddhist masters Lama Thubten Yeshe and Lama Zopa Rinpoche with the candidly refreshing perspective of Western teacher Venerable Amy Miller. It provides students with the information they need for their spiritual journey along with advice on how to integrate these teachings into daily life. In addition, readers are given simple meditation techniques to help bring each topic "from the head into the heart."

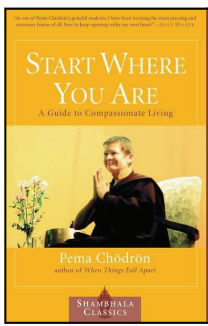
Wisdom Energy: Basic Buddhist Teachings by Lama Yeshe & Lama Zopa Rinpoche

A simple and compelling introduction to Buddhism by two Tibetan Lamas renowned for their insight and skill in teaching Westerners. It goes to the heart of basic Buddhist practice and discusses the meaning and purpose of meditation, the causes of dissatisfaction and unhappiness, and the methods for subduing them and gaining control over our minds and lives, while preserving the power, humor, and directness of the Lamas' first teaching tour of North America.



Transforming Problems Into Happiness by Lama Zopa Rinpoche

Happiness and suffering are dependent upon your mind, upon your interpretation. They do not come from outside, from others. All of your happiness and all of your suffering are created by you, by your own mind," says Lama Zopa Rinpoche. Also try **How to be Happy** and **Dear Lama Zopa**.

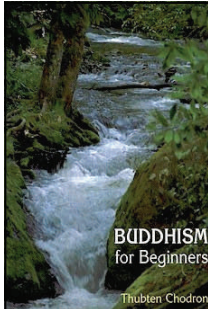


Start Where You Are by Pema Chodron

Pema Chodron is a Buddhist nun for regular folks. Having raised a family of her own, she doesn't shy away from persistent troubles and the basic meatiness of life. No need to wait for a quieter time or a more settled mind. The trick Chodron says is to re-pattern ourselves, to transform bad habits into good by first opening ourselves to the groundlessness of existence. Also try almost any other of Pema Chodron's books, or audio teachings, including **Don't Bite the Hook** on C.D.

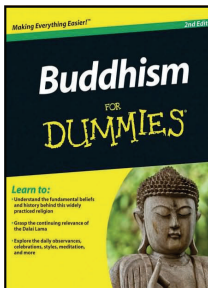
Buddhism for Beginners by Thubten Chodron

Written in clear and engaging language, this book presents the Buddhist approach to the fundamental issues and concerns of daily life. Thubten Chodron guides us through the basic tenets of Buddhism, encouraging and instructing us in how to live a more peaceful, mindful and satisfying life. She untangles our confusions and leads us through the most basic aspects of this rich, living spiritual tradition. Also try Thubten Chodron's other books, including **Open Heart, Clear Mind**.



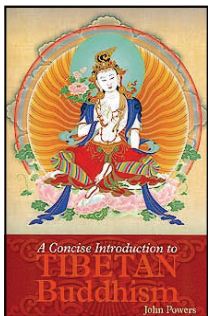
Buddhism for Dummies by Jonathan Landlaw and Stephan Bodian

Don't let the "for Dummies" name fool you! If you're curious about Buddhism but feel intimidated by all the exotic jargon and strange trappings, this book is for you. Written by two leading American Buddhist teachers and scholars, it offers you a uniquely friendly way to explore the fascinating history of Buddhism. In plain English, experts Jonathan Landaw and Stephan Bodian define the important terms, explain the key concepts and explore, in-depth a wide range of topics. See also: **Meditation for Dummies** by Stephen Bodian.



How To Meditate by Kathleen McDonald

In a world seemingly moving at hyperspeed, it can be daunting to simply slow down, or stop, even briefly to try to make sense of things. Meditation has been proven to help. But exactly what is it? Why practice it? Which techniques are best? This popular guide answers these and many more questions for anyone who wants to begin, or is struggling to maintain, a meditation practice. Written by a Western Buddhist nun with solid experience in both the practice and teaching of meditation, *How to Meditate* contains a wealth of practical advice on a variety of authentic techniques, from what to do with the mind, to how to sit, to visualizations and other traditional practices.

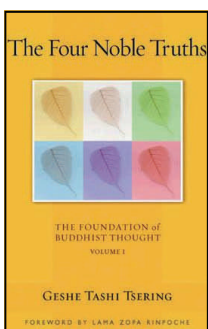


A Concise Introduction to Tibetan Buddhism by John Powers

Lucid and economical, this introductory text delivers a brisk, fast-moving survey of Tibetan Buddhism. For many years Powers' nearly six hundred-page *Introduction to Tibetan Buddhism* has served as the field's most authoritative and comprehensive overview of Tibet's distinctive Buddhist tradition. A Concise Introduction to Tibetan Buddhism explains the core Buddhist doctrines and the practices of meditation and tantra and provides a survey of the four main schools of Tibetan Buddhism.

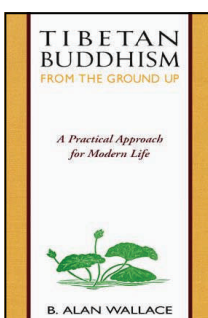
The Foundation of Buddhist Thought series by Geshe Tashi Tsering

The Foundation of Buddhist Thought series is an excellent introduction to Tibetan Buddhism. These unique books, based on the curriculum of a popular course of the same name, were developed by Geshe Tashi Tsering, a Tibetan scholar renowned for his ability to render Buddhist teachings accessible and relevant to everyday life. **Volume 1, The Four Noble Truths**, provides a complete presentation the Buddha's seminal first teachings, which summarize the fundamentals of the Buddhist worldview. Indeed, they are an essential framework for understanding all of the other teachings of the Buddha.



Tibetan Buddhism From the Ground Up by B. Alan Wallace

Here at last is an organized overview of the 2,500-year-old teachings of Tibetan Buddhism, beginning with the basic themes of the sutras — the general discourses of the Buddha — and continuing through the esoteric concepts and advanced practices of Tantra. Unlike other introductions to Tibetan Buddhism, this accessible, enjoyable work doesn't stop with theory and history, but relates timeless spiritual principles to the pressing issues of modern life, both in terms of our daily experience and our uniquely Western world view.



For more resources and information on Buddhism, see the FPMT's Online Education Center at: <http://onlinelearning.fpmt.org/> or the wide range of resources at: www.fpmt.org