

Suggested Reading List

Books

Tibetan Buddhism from the Ground Up, by B. Alan Wallace, Boston: Wisdom Publications, 1993.

Open Heart, Clear Mind, by Thubten Chodron, Ithaca, NY: Snow Lion Publications, 1990.

The Four Noble Truths, by Geshe Tashi Tsering, Cambridge MA: Wisdom Publications, 2005.

The Dalai Lama's Book of Awakening, by the Dalai Lama, London: Element, 2002.

The Way to Freedom, by the Dalai Lama, San Francisco: HarperSanFrancisco, 1994.

How to Practice: The Way to a Meaningful Life, by the Dalai Lama, New York: Atria, 2002.

Kindness, Clarity and Insight, by the Dalai Lama, Ithaca, NY: Snow Lion Publications, 2006.

Lam-Rim Outlines, by Ven. Karin Valham, Boston: Wisdom Publications, 1997.

Wisdom Energy, by Lama Yeshe and Lama Zopa Rinpoche, Cambridge MA: Wisdom Publications, 2000.

Essence of Tibetan Buddhism, by Lama Yeshe, Lama Yeshe Wisdom Archive, 2000.

Free Mahayana Buddhist publications and readings from the Lama Yeshe Wisdom Archive, www.lamayeshe.com.

DVDs

The Four Noble Truths, 1997 teachings by the Dalai Lama, Mystic Fire Video, 2001.

Buddhism, by Robert A. F. Thurman, Mystic Fire Video, 1999.

The Three Principal Aspects of the Path, Teachings from Lama Yeshe, Lama Yeshe Wisdom Archive, 2004.