



The Path of Tibetan Buddhism: The End of Suffering and the Discovery of Happiness

Dalai Lama

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A remarkable and rare overview of the key aspects of Tibetan Buddhism provided by His Holiness the Dalai Lama. The Path of Tibetan Buddhism presents a clear and straightforward road map, to how we might end our experience of suffering and discover happiness, drawn by the most celebrated spiritual master of Buddhism – His Holiness the 14th Dalai Lama. In this insightful volume, not only does he describe what religion can contribute to mankind, but also accentuates the significance of truly practicing religion and understanding what it is that mankind really needs. Familiar for his ever-smiling face and his message of love, compassion and peace, he explains the three turnings of the wheel of dharma; the purpose and the means of generating the mind of enlightenment; and the twelve links of dependent arising, among other things. ‘The three principal aspects of the path’ and ‘the stages of the path to enlightenment’ based on Je Tsongkhapa’s (the famous teacher of Tibetan Buddhism) own experience and realization have also been beautifully described by the Dalai Lama in great detail. Here's an easily accessible and illuminating glimpse into the core of Tibetan Buddhism.

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