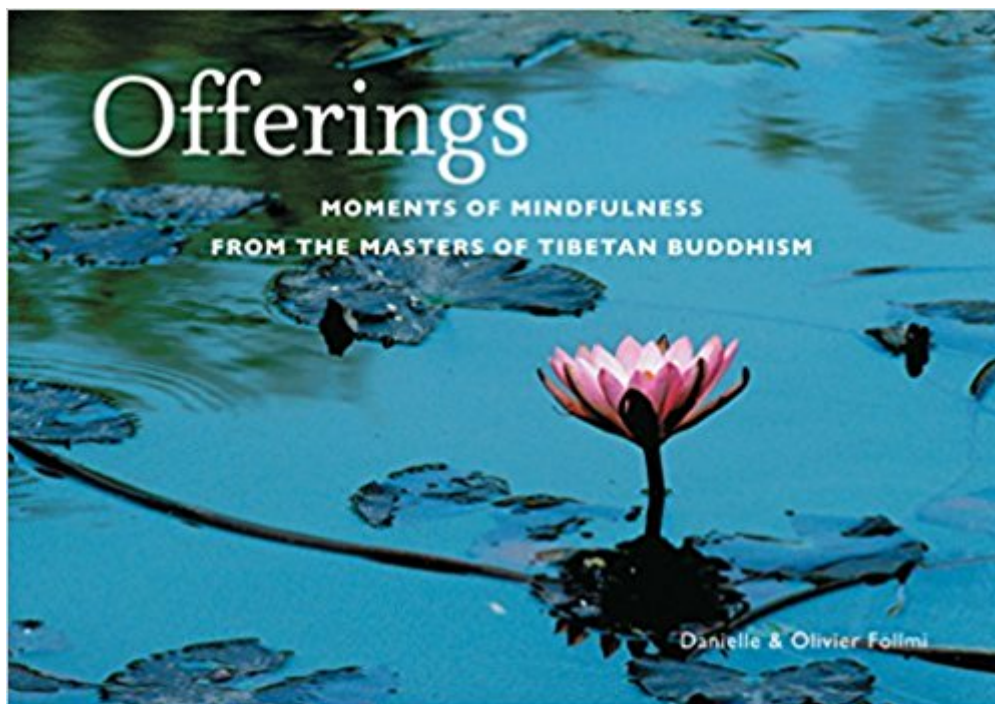




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Offerings: Moments Of Mindfulness From The Masters Of Tibetan Buddhism (Mini)



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 Buddhism—including His Holiness the Dalai Lama, Kalu Rinpoche, Chögyam Trungpa, Shabkar Tsogdruk Rangdrol, Jack Kornfield, and Arnaud Desjardins—convey their understanding of existence, presenting a vision of life that celebrates humanity and encourages continual self-improvement.

Book Information

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Once the official photographer of the Dalai Lama, Olivier Föllmi is a World Press Photo Award-winning photographer whose work has been exhibited worldwide. Danielle Föllmi 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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