



The Way to Freedom: Core Teachings of Tibetan Buddhism

Bstan-Dzin-Rgya-Mtsho, Dalai Lama, Donald S. Lopez

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The Way to Freedom, the inaugural volume of the landmark Library of Tibet series, is the essential primer on Tibetan Buddhism for both neophytes and advanced students. Based on a fifteenth-century text never before translated for a general audience, it is the revered heart of Tibetan practice, presented here in easy-to-understand steps by the Dalai Lama, Tibet's exiled spiritual and political leader.

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