



Ten Tales from Tibet: Cultivating Compassion (Hardback)

By Lama Lhakpa Yeshe

The Ivy Press, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. This special little book is one to own and keep. Quickly read it through then return again and again to slowly absorb the simple wisdom of the tales and be inspired by the stark soaring photographs of Tibet's landscape. - Cygnus Review Ten Tales from Tibet offers ten gentle, yet powerful, lessons exploring compassion, the very essence of Buddhism. A collection of poetic retellings distilled from ancient oral tradition, the stories have been specially chosen by Lama Lhakpa Yeshe because they demonstrate a beautiful wisdom in a simple, yet profound way, and teach us how to nurture the singular human quality that defines us all. Introduced by global peace and environment campaigner, Satish Kumar, a pupil of Lama Lhakpa Yeshe, and illustrated with photography by fellow Buddhist Matthieu Ricard, this is a beautifully crafted book and unique guide to opening our hearts and minds by cultivating compassion--helping others and ourselves--to find joy, peace, and happiness.



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