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Geshe Kelsang Gyatso was born in Tibet and is a fully accomplished meditation master, and internationally renowned teacher of Buddhism. Resident in the West since 1977, he is the author of 21 highly acclaimed books that transmit perfectly the ancient wisdom of Buddhism to our modern world.

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(Geshe Kelsang Gyatso How to Transform Your Life) About the Author Venerable Geshe Kelsang Gyatso is a fully accomplished meditation master and internationally renowned teacher of Buddhism who has pioneered the introduction of modern Buddhism into contemporary society.

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