



Buddhism in the Tibetan Tradition: A Guide (Routledge Library Editions: Buddhism)

Geshe Kelsang Gyatso

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A clear and straightforward introduction to Tibetan Buddhism, this book presents the basic teachings of Buddha in a way that people can readily comprehend and put into practice in their daily lives. Topics such as reincarnation, actions and their effects, emptiness, liberation and enlightenment are discussed.

Designed primarily for those coming to the subject for the first time, the book also offers new insights for the more advanced student of Tibetan Buddhism. Originally published in 1989.



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