

[PDF] Dalai Lama A Biography Of The Tibetan Spiritual And Political Leader

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The Dalai Lama-Alexander Norman 2015-11-02 The Dalai Lama is one of the best-known and respected public figures of modern times. A Nobel Peace Prize Winner, advocate for peace and campaigner for compassion, he regularly speaks at sell-out arena tours across the globe. In this new biography, the first in 25 years, Alexander Norman reveals the complex and compelling character of the Dalai Lama in more detail than ever before. Drawing on his long friendship with His Holiness and with his full support, Norman gives unparalleled insights into the Dalai Lama's life, from being chosen as a young boy, his exile from Tibet and his involvement in political negotiations, to the present day. Uniquely, however, this book also reveals the private life of a very public man, including his personal spiritual experiences, daily Buddhist practice and the issues that are closest to his heart. Norman also explains how the turbulent history of Tibet has shaped the Dalai Lama's thinking and personality and corrects the myths that have built up around him. Illuminating, surprising and fascinating, this book is essential reading for all those who want to understand the Dalai Lama.

The Dalai Lama-Alexander Norman 2020 "The first definitive biography of the Dalai Lama—a story by turns inspiring, surprising—from an acclaimed Tibetan scholar with exceptional access to his subject"--

Freedom in Exile-Dalai Lama XIV Bstan-'dzin-rgya-mtsho 1990 Tibet's exiled spiritual and secular leader describes his childhood, the Chinese invasion of Tibet, and how exiled Tibetans have rebuilt their lives and explains Tibetan Buddhism along with his philosophy of peace

His Holiness the Fourteenth Dalai Lama-Tenzin Geyche Tethong 2020-11 This biography of the Dalai Lama—blessed by His Holiness himself—is the most authentic and intimate profile of the world's greatest living spiritual figure. Tenzin Geyche Tethong, a close aide of His Holiness for forty years who became family, offers readers unprecedented access to the Dalai Lama in this beautifully illustrated book. The Dalai Lama's youngest brother, Ngari Rinpoche Tenzin Choegyal, who was only 12 years old when he accompanied His Holiness on his dangerous 1959 escape to India, is a personal friend of Tethong and the mentor for this book project. As "elders" to the Tibetan community in exile, these men have come together to tell the true story of His Holiness—their brother, friend, and leader. Featuring previously unpublished photographs, as well as interviews and memories of those closest to him, this book renders unparalleled insights into the Dalai Lama's experiences as the preeminent leader of Tibet, and the wealth of his compassion and gentle humor in the face of the ongoing conflict. This is in no small part due to Tethong and Ngari Rinpoche's unique perspectives on many sensitive issues. Richly compelling, *His Holiness the Fourteenth Dalai Lama: An Illustrated Biography* is a stunning visual celebration of the Dalai Lama, sketching a memorable portrait of an icon and a cause that have won the attention and hearts of billions across the world. * As his long-time personal secretary, Tethong was privy to the Dalai Lama's difficult relationship with India during his exile, with many challenges arising from his host country's ambivalence to Tibet. Tethong candidly discusses India's lackluster attempts at uplifting his people—denying them official documentation, restricting employment, and crowding refugees in the remote location of Dharamsala—citing its fear of angering China as the reason behind its ambivalence towards Tibet. * Ngari Rinpoche revisits his own profound memory of their exile: his time in the Special Frontier Force, or the "22" of the Indian Army, a period of his life for which there had previously been little recorded information. Ngari Rinpoche and his wife, Rinchen Khando, were one of the many Tibetans who joined this covert force with the intent of fighting the Chinese, under the guidance of intelligence agencies such as India's RAW and the American CIA. For the very first time, they discuss their American colleagues, the disappointments

they faced as part of the "22," and the experiences that led to Ngari Rinpoche's depressive episode. * Tethong also sheds much-needed light on the Dalai Lama's Nobel Prize-winning campaign for the spiritual and political liberation of his people. He adopts a nuanced approach towards the Dalai Lama's non-violent struggle for Tibetan autonomy, writing frankly about their attempts to mediate the political differences between younger Tibetans in Dharamsala and the Tibetan administration. He also explores the numerous political difficulties faced by the Dalai Lama's cause in the years before its worldwide recognition.

Dalai Lama, My Son-Diki Tsering 2000 This Is The Story Of A Remarkable Woman As She Recounts In Her Own Words What It Was Like To Realize Her Son Was Being Received As A Living Buddha, To Watch Him Grow Physically And Spiritually, And Finally To See Him Become One Of The Most Recognized People In The World. Known As The Grandmother Of Tibet, Diki Tsering Was Born Into A Poor Peasant Family In 1901, The Year Of The Iron Ox; And Married At The Age Of Sixteen. In *Dalai Lama, My Son*, She Tells Her Own Amazing Story And That Of Her Son In His Formative Years. She Recalls His Holiness's Unfolding Personality And Buddhist Upbringing; The Visitors Who Came To Her Town Seeking The New Dalai Lama; The Move To Lhasa, And The Years There Until The Chinese Invasion Of Tibet And The Family's Escape And Ultimate Exile. Beautifully Illustrated With Family Photographs, This Glimpse Into The Origins Of The Dalai Lama Personalizes The History Of The Tibetan People, The Magic Of Their Culture, The Role Of Their Women, And Their Ancient Ideals Of Compassion, Faith And Equanimity.

The 14th Dalai Lama-Tetsu Saiwai 2010 Offers the story of the fourteenth Dalai Lama, the religious and political leader of Tibet, in graphic novel format.

The Hidden Life of the Sixth Dalai Lama-Simon Wickham-Smith 2011-05-19 This is the first English translation of a Dalai Lama's biography, and is highly significant for the historical study of the Gaden Phodrang period, around the turn of the seventeenth century. It is not only a biography, but a historical narrative of a legendary character, and illustrates the nature and understanding of Tibetan hagiographical and mystical literature within a sociopolitical context.

Portrait of a Dalai Lama-Sir Charles Alfred Bell 2000-05-01 "Portrait of a Dalai Lama" is the story of one of Tibet's greatest religious and political leaders. It also stands as an important historical portrait of a pivotal era in Asian and world affairs.

The Dalai Lama-Patricia Cronin Marcello 2003 A biography of the Tibetan Buddhist leader, Tenzin Gyatso, discusses his early family, his education as the fourteenth incarnation of the Lama, his exile in India, and his struggle to gain freedom for his people.

Secret Lives of the Dalai Lama-Alexander Norman 2010 A full-scale history of the Dalai Lamas and Tibetan Buddhism chronicles the stories of Tibet's Dalai Lamas for lay readers, sharing lesser-known colorful aspects of their lives, a selection of lighthearted poems and a profile of today's 14th Dalai Lama. Original.

The 14th Dalai Lama-Tetsu Saiwai 2010-09-28 A new way of getting to know one of the world's most beloved spiritual leaders. Featuring a charmingly illustrated format that will appeal to readers of all ages, this unique biography is an ideal introduction to the leader of the Tibetan

government-in-exile. Born in 1935 to a peasant family in a small village, Tenzin Gyatso was recognized at the age of two as the reincarnation of his predecessor, the Thirteenth Dalai Lama. In 1950, His Holiness assumed full political power when China invade Tibet—a tragedy that forever changed him and shaped his efforts on behalf of world peace, for which he was awarded the Nobel Peace Prize. This graphic novel is an appealing and approachable depiction of the life and personality of an iconic figure.

The Compassionate Life-Dalai Lama 2001-06-15 Touching and inspiration, this book is a personal invitation from one of the world's most gifted teachers to live a life of happiness, joy, and true prosperity.

The Life of My Teacher-Dalai Lama 2017-07-11 The Sixth Ling Rinpoche (1903-83) was a towering figure in Tibetan Buddhism. Combining great learning with great humility, he was ordained by the Thirteenth Dalai Lama and went on to serve as the head of the Geluk tradition and as the senior tutor to the present Dalai Lama. In temperament and wisdom, he was a singular influence on the Dalai Lama's spiritual development, and he became a steadying presence for His Holiness during the chaotic changes that defined the Tibetan experience of the twentieth century, with the invasion of their country by Communist forces and the subsequent rebuilding of their culture in India. Ling Rinpoche's extensive travels among exiled communities abroad and across India buoyed the spirits of the Tibetan diaspora, and the training and activities of this consummate Buddhist master, here told in the Dalai Lama's own words, will inspire and amaze. Fifty-five color and seventy-five black-and-white archival photos bring the text to life.

The Dalai Lama's Little Book of Inner Peace-Dalai Lama 2018-10-01 Powerful, profound advice on how to live a peaceful and fulfilling life amidst all the conflicts of the modern world. In this distillation of his life and teachings, the Dalai Lama paints a compelling portrait of his early life, reflecting on the personal and political struggles that have helped to shape his understanding of our world. Offering his wisdom and experience to interpret the timeless teachings of the Buddha, *The Dalai Lama's Little Book of Inner Peace* is fresh and relevant to our troubled times. He explains in a simple and accessible way how each of us can influence those around us by living with integrity. And he holds out hope that, through personal transformation, we can all contribute to a better world.

All You Ever Wanted to Know From His Holiness the Dalai Lama on Happiness, Life, Living, and Much More-Rajiv Mehrotra 2009-02-01 His Holiness the Dalai Lama describes himself as "a simple Buddhist monk." However, to millions of people around the world, he embodies the highest human aspiration: to be happy. His messages of compassion, altruism, and peace are articulated in a unique secular ethic for our times and supported with techniques and practices that can help us achieve these ideals. He is the Dalai Lama—or simply, His Holiness—the epitome of the Buddhist model of loving-kindness and an incarnation of Avalokitesvara, the bodhisattva of infinite compassion and mercy. Evoking global respect and admiration, he is both a prophet and a statesman for our troubled times, yet he's intensely human and accessible. He's an inspiration to millions, yet many feel as if he touches and speaks to them personally. He is a Buddhist but belongs to all humanity. His Holiness is one of the most recognizable—and recognized—faces in the free world. This remarkable book is an edited compilation of mostly personal conversations spanning nearly 20 years between the Dalai Lama and Rajiv Mehrotra, one of his early disciples who's now the trustee and secretary of the Foundation for Universal Responsibility, which was established with the funds from the Nobel Peace Prize. Here, the Dalai Lama is a teacher to a spiritual aspirant; a divine master and a temporal leader; an ambassador for Tibet and a lovable guru-philosopher to the whole world; a practitioner of the 2,500-year-old teachings of Buddhism; a Tibetan Buddhist and an interfaith ambassador; and an intense practitioner of mind-training and an inveterate optimist. His multiple hats may appear contradictory at times, but he balances them all, living his life with ease and happiness. Within these pages, the Dalai Lama's disarming candor, his deep empathy for his student's quest, and his wisdom—garnered not just from texts and scriptures, but also from an active engagement with life—offer invaluable insights to us all on how we may find true happiness in our lives.

Elaborations on Emptiness - Uses of the Heart Sutra-Donald S. Lopez 1998-11-08 Lopez reveals unexpected points of instability and contradiction in the Heart Sutra, which, in the end, turns out to be the most malleable of texts, where the logic of commentary serves as a tool of both tradition and transgression.

Kundun-Mary Craig 1998 KUNDUN is a story of reincarnation, coronation, heartbreaking exile, and the tenacious efforts of a holy man to save a nation and its people. This is mainly the story of the Dalai Lama's family, parents, four brothers, two sisters, who have worked tirelessly on behalf of their country and to help thousands of sick and starving refugee children. illustrations.

The Illusive Play: the Autobiography of the Fifth Dalai Lama-Samten Gyaltzen Karmay 2014 *The Illusive Play* is an English translation of the autobiography of Ngawang Lobzang Gyatsho, the Fifth Dalai Lama. It is of exceptional value because it has taken such care to give a precise chronology throughout its entire length. It witnesses the life and culture of 17th-century Tibet, which was a formative period for the establishment of the Tibetan Buddhist theocracy.

DALAI LAMA, His Magical Childhood and Teenage Years-A J Parr 2019-07-06 THIS BOOKS REVEALS SURPRISING FACTS about the magical childhood and teenage years of the Fourteenth Dalai Lama, the youngest son of a humble Tibetan farmer, born in a remote Tibetan village, who became the political and spiritual leader of his homeland when he was only a kid. The pages of this biography bring light on the main facts and events that shaped his amazing early life, including: *The Tibetan prophecy that announced his reincarnation.*The magic lake that described the place where he was born.*How the high lamas found him in a small farming village when he was 2.*How he was tested and proved he was the incarnation of his predecessor.*How he was taken to the Forbidden City when he was 4.*His formal preparation to become a Tibetan Buddhist monk at age 6.*His formal education and childhood interests.*His first contacts with "the other side of the mountain."*His initial dreams of ending Tibet's lengthy isolation.*The use of shamans and mediums in the Tibetan Buddhist court.*The prophecy of the Chinese invasion and his forced exile.*His forced exile and spiritual mission as leader of Tibetan Buddhism.Discover the magic and mystery behind the early years of one of the world's youngest and most astonishing spiritual leaders of our time. Hit the buy button now!

The Second Dalai Lama-Dalai Lama II. 2005 Illuminating one of the great Lamas in the Tibetan Buddhist tradition, the author offers a rare look at the life and work of teachers who influenced the current Dalai Lama. Original.

My Spiritual Journey-Dalai Lama 2011-10-04 In His Own Words The Compelling Personal Story of the Spiritual Life of the Dalai Lama

The Seed of Compassion-His Holiness The Dalai Lama 2020-03-24 For the first time ever, Nobel Peace Prize Laureate His Holiness the Dalai Lama addresses children directly, sharing lessons of peace and compassion, told through stories of his own childhood. One of today's most inspiring world leaders was once an ordinary child named Lhamo Thondup. In a small village in Tibet, his mother was his first great teacher of compassion. In everyday moments from his childhood, young readers begin to see that important lessons are all around us, and that they, too, can grow to truly understand them. With simple, powerful text, the Dalai Lama shares the universalist teachings of treating one another with compassion, which Bao Luu illustrates beautifully in vibrant color. In an increasingly confusing world, *The Seed of Compassion* offers guidance and encouragement on how we all might bring more kindness to it.

My Spiritual Autobiography-Dalai Lama XIV 2012-02-03 This book is a first. There has never been one entirely dedicated to the spiritual life of the Dalai Lama. Yet as one of the world's most recognized, and respected, spiritual leaders there is already great interest in such a work from His Holiness' thousands of friends and followers around the world. The Dalai Lama sees himself first and foremost as a human being, secondly as a monk and thirdly as the former political leader of Tibet. In this extraordinary autobiography we read many hitherto unknown stories from his childhood, his formation as a monk and his gradual development as a leader of his people. We are offered a view of his daily spiritual practice, invited to listen in on the dialogue he has been pursuing with other religions, with non-believers and with scientists in his search for ethical and environmental principles, and shown how he brings a sense of goodness and conscience to political life around the globe. In a world that is so profoundly interdependent, the Dalai Lama explains how he transforms himself through spiritual means in order to have a positive effect on the world, and he encourages us to do the same by working on ourselves first of all.

The 14th Dalai Lama-Whitney Stewart 2000-01-01 Offers the story of Lhamo Thondup, the fourteenth Dalai Lama, who was discovered when he was two years old and brought to the capital city of Lhasa to be trained as the religious and political leader of his country.

Man of Peace-William Meyers 2020-10-13 Why the "life story" of the Dalai Lama? It is a story of one man taking on an empire, calling for truth, peace, and justice for his Tibetan people. Here, in full color for the first time, people can come to know the whole drama of his lifelong struggle. Since the age of 15, the Dalai Lama has defended his people against one of the last great empires, the People's Republic of China. Under its "dictatorship of the proletariat," China began to invade Tibet in 1950, decimating and then continually oppressing its people. Since colonialism cannot be practiced in our era of self-determined nations, China always maintains that the Tibetans are a type of Chinese, using propaganda and military power to crush Tibet's unique culture and identity. Yet the Dalai Lama resists by using only the weapon of truth—along with resolute nonviolence—even worrying some of his own people by seeking dialogue and reconciliation based on his more realistic vision. The great 14th Dalai Lama of Tibet has become the first global Dalai Lama, a prominent transnational leader of all who want to make the dramatic changes actually necessary for life on earth to thrive for centuries to come. Considered the incarnation of the Buddhist savior Chenrezig or Avalokiteshvara—archangel of universal compassion—he is believed to appear in many forms, at many different times, whenever and wherever beings suffer. Representing the plight of his beloved Tibetan people to the world, he has also engaged with all people who suffer oppression and injustice, as recognized in 1989 by his being awarded the Nobel Peace Prize. Most importantly, the Dalai Lama walks his talk throughout these pages, as he has throughout his life, and he radiates a powerful hope that we can and will prevail. Man of Peace presents the inside story of his amazing life and vision, in the high tension of the military occupation of Tibet and the ongoing genocide of its people—a moving work of political and historical nonfiction brought to life in the graphic novel form—here for all to see.

Buddhism-Dalai Lama 2017-01-24 Now in Paperback! Explore with the Dalai Lama the common ground underlying the diverse traditions of Buddhism. Buddhism is practiced by hundreds of millions of people worldwide, from Tibetan caves to Tokyo temples to redwood retreats. To an outside viewer, it might be hard to see what they all have in common. In Buddhism, His Holiness the Dalai Lama and American Buddhist nun Thubten Chodron map out with clarity the convergences and the divergences between the two major strains of Buddhism—the Sanskrit traditions of Tibet and East Asia and the Pali traditions of Sri Lanka and Southeast Asia. Especially deep consideration is given to the foundational Indian traditions and their respective treatment of such central tenets as the four noble truths the practice of meditation the meaning of nirvana enlightenment. The authors seek harmony and greater understanding among Buddhist traditions worldwide, illuminating the rich benefits of respectful dialogue and the many ways that Buddhists of all stripes share a common heritage and common goals.

The Art of Happiness-The Dalai Lama 1999-11-08 In this unique and important book, one of the world's great spiritual leaders offers his practical wisdom and advice on how we can overcome everyday human problems and achieve lasting happiness. The Art of Happiness is a highly accessible guide for a western audience, combining the Dalai Lama's eastern spiritual tradition with Dr Howard C. Cutler's western perspective. Covering all key areas of human experience, they apply the principles of Tibetan Buddhism to everyday problems and reveal how one can find balance and complete spiritual and mental freedom. For the many who wish to understand more about the Dalai Lama's approach to living, there has never been a book which brings his beliefs so vividly into the real world.

Who Is the Dalai Lama?-Dana Meachen Rau 2018-04-03 Get to know the Dalai Lama, Tibet's spiritual leader and one of the most popular world leaders today. Two-year-old Lhamo Thondup never imagined he would be anything other than an ordinary child, but after undergoing a series of tests, he was proclaimed the 14th Dalai Lama of Tibet. By age 15, he found himself the undisputed leader of six million people who were facing the threat of a full-scale war from the Chinese. After the defeat of the Tibetan national uprising in 1959, the Dalai Lama had to flee Tibet and went into exile in India. For nearly 50 years, he has aimed to establish Tibet as a self-governing, democratic state. In 1989, he was awarded the Nobel Peace Prize for his nonviolent efforts for the liberation of Tibet and his concern for global environmental problems. As the spiritual leader of Tibetan Buddhism, the Dalai Lama continues to spend his life working to benefit humanity and preserving Tibetan culture.

The Autobiography of a Tibetan Monk-Palden Gyatso 2015-12-15 Palden Gyatso was born in a Tibetan village in 1933 and became an ordained Buddhist monk at 18 — just as Tibet was in the midst of political upheaval. When Communist China invaded Tibet in 1950, it embarked on a program of "reform" that would eventually affect all of Tibet's citizens and nearly decimate its ancient culture. In 1967, the Chinese destroyed monasteries across Tibet and forced thousands of monks into labor camps and prisons. Gyatso spent the next 25 years of his life enduring interrogation and torture simply for the strength of his beliefs. Palden Gyatso's story bears witness to the resilience of the human spirit, and to the strength of Tibet's proud civilization, faced with cultural genocide.

The Meaning of Life from a Buddhist Perspective-Dalai Lama IV Bstan-'dzin-rgya-mtsho 1992 The Dalai Lama explains the spiritual path based on the famous Buddhist image of the Wheel of Life.

His Holiness the Dalai Lama-Dalai Lama XIV Bstan-'dzin-rgya-mtsho 2005-07-04 Culled from more than fifty interviews with the Dalai Lama's family, colleagues, and followers, this fascinating account of a living spiritual icon offers readers insights into the public and private life of the leader of Tibetan Buddhism.

The Wheel of Life-Bstan-Dzin-Rgya 2015-09-29 Translation of a series of lectures in Tibetan given in London, 1984.

The Dalai Lama's Big Book of Happiness-Dalai Lama 2016-03-01 Everyone wants to be happy. Here in this profound volume is a road map for discovering a life filled with happiness, joy, and a sense of purpose. The Dalai Lama's basic premise is that each of us is responsible for our own health and happiness and for the health of society. He further asserts that health and happiness are within our reach—both individually and collectively. How a person thinks, behaves, and feels ultimately impacts not only their own lives, but also the society in which they live. If you desire to attain happiness, you must understand that the journey begins with you. It is only then that you can reach out and touch the lives of others and change society. In this anthology, His Holiness the Dalai Lama, with characteristic wisdom, humor, and kindness, directs readers toward a happy, healthy, and peaceful life. Talking about universal themes such as compassion, peace, non-violence, secularism, and the pursuit of a healthy mind and body, he reminds us that the responsibility to change our thoughts, actions, and lives lies within our power. This is a book for fans of His Holiness, for spiritual seekers, and for those interested in the spiritual and emotional health of individuals and societies.

The History of Tibet-Dalai Lama Ṅag-dbañ-blo-bzañ-rgya-mtsho (V.) 1995

The 14th Dalai Lama- 2011 A biography of the current Dalai Lama, Tenzin Gyatso, discussing the history of Tibet and the role of the Buddhist leader in this country's spiritual and political life.

The Dalai Lama Book of Quotes-Travis Hellstrom 2016-07-26 The need for love lies at the very foundation of human existence. XIV Dalai Lama The words of the Dalai Lama resonate within each of us, empowered as they are by centuries of experience and a passionate, enduring spirit for peace on Earth. Tenzin Gyatso, the current and XIV Dalai Lama, has continued this grand legacy, traveling the world while spreading his personal doctrine of compassion and true understanding. And with each year that passes, more and more people come to know the Lama, and seek his wisdom on a breadth of topics, from world peace to a life well-lived. Presented in an elegant, attractive format, "The Dalai Lama Book of Quotes" collects the very best of the Lama's sage wisdom, assembled from quotes, articles, speeches, and written works directly attributed to His Holiness. Organized into universal themes that everyone can relate to, "The Dalai Lama Book of Quotes" touches on themes ranging from love, to spirituality, to happiness and humanity. This inspirational book makes a wonderful gift for anyone seeking greater personal well-being and a life informed by compassion and faith. Each thought from the Lama is sure to inspire and invigorate you throughout your day, as your eyes are opened to a more beautiful way of looking at the world. Simple and accessible for all ages, this inspirational title makes a great gift for anyone seeking to incorporate the wisdom of the ages and a love that transcends lifetimes into their daily life."

Dalai Lama-Melissa Gish 2019-08-20 In a world strained by conflict, we look to the past for models of peace. With historical and full-color photographs complementing documentary texts, *Odysseys in Peace* invites advanced readers along on a journey to experience the lives of important peace-seekers like never before. These titles feature a sophisticated design peppered with arresting photographs that illustrate key moments in each figure's life as well as the experiences that shaped their legacy. Side panels, colored callouts, and first-person quotations assist in making the text accessible to a wide range of learners. A biography of Tibetan Buddhist leader Tenzin Gyatso, examining his position as the 14th Dalai Lama and his exile to India, as well as his emphasis on nonviolence and other social stances.

The Dalai Lama-Demi 1998

Dalai Lama-Mayank Chhaya 2007 *Authorised Biography of His Holiness, The Dalai Lama* In 1997, the Indian journalist Mayank Chhaya was authorised by the Dalai Lama to write about his life and times. The only authorised biographer of His Holiness who is not a Buddhist, Chhaya conducted more than a dozen personal interviews with the Dalai Lama in

McLeod Ganj in India's Himalayan north, home to Tibet's government-in-exile. In *DALAI LAMA: MAN, MONK, MYSTIC* Chhaya presents an in-depth, insightful portrait of a figure of perennial interest to people all over the world. Chhaya writes about Tibet and the Buddhist tradition from which the Dalai Lama emerged, helping readers understand the context that shaped his beliefs, politics, and ideals. Adding depth and nuance to his portrait, Chhaya depicts the Dalai Lama in the light of his life in exile and the various roles he has had to assume for his followers. He writes about the complex conflict between China and Tibet, and offers insights into the growing discontent among young Tibetans who are frustrated with the non-violent approach to Chinese occupation that the Dalai Lama advocates. A balanced, informative view of the Dalai Lama and his work, this biography is both a compelling profile of a remarkable spiritual leader and his mission, and an engaging look at how the current unrest in his country will affect its future.

The Universe in a Single Atom-Dalai Lama XIV Bstan-'dzin-rgya-mtsho 2010