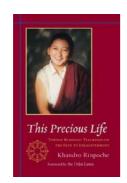
THIS PRECIOUS LIFE: TIBETAN BUDDHIST TEACHINGS ON THE PATH TO ENLIGHTENMENT

Using the traditional Tibetan Buddhist framework of the Four Reminders—the preciousness of human birth, the truth of impermanence, the reality of suffering, and the inescapability of karma—Khandro Rinpoche explains why and how we could all better use this short life to pursue a spiritual path and make the world a better place. She says, "Think of all...



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I chose to read this book because I plan to take refuge vows with the author. I thought this book would clue me into how she interprets the dharma with regard to the vows. Wow! She described motivations and conditions I never would have thought. She is very direct and doesn't coddle the reader. And the contemplations throughout the...