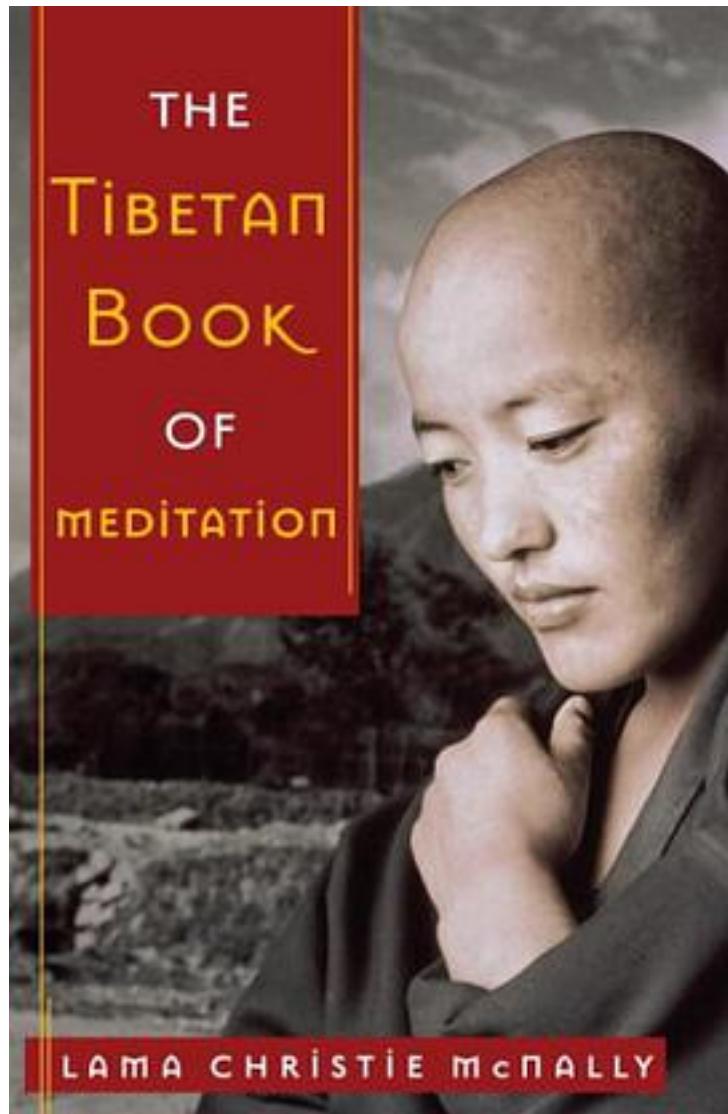


# The Tibetan Book of Meditation



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Meditation helps us relax, sharpens our minds, and increases our creativity. In *The Tibetan Book of Meditation*, Lama Christie McNally demonstrates that meditation also provides a much greater gift. It awakens our innate potential to shape our reality, to make moments of joy last forever, and to bring us the peace and contentment that we all ultimately seek.

Written in an instructional yet intimate style, the author guides readers through a progression of meditations, from the simple concept of compassion to the transformative concept of emptiness. Teaching technique and content at the same time, this book is unique in its comprehensive approach and will find a special place in the hearts of novice and experienced meditators alike.

Christie McNally, a renowned master teacher and lecturer who has studied with some of the greatest Indian, Tibetan, and western Buddhist masters, explains the central tenets of Buddhism and reveals how they apply to everyday life. Combining ancient wisdom and contemporary teachings, she leads readers along the path to a richer, fuller life through resonant examples and eye-opening insights.

Her engaging tone and fresh approach to the art of meditation will appeal to followers of Pema Chödrön and to readers of Jack Kornfield, Sharon Salzberg, and Jon Kabat-Zinn. This down-to-earth guide to meditation brings the wisdom of Tibetan Buddhism to a new generation.

作者介绍:

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