

ID	Title	Description	Authors	Publisher	publish_date	pages	asin	isbn10	isbn13
1	<i>Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves</i>	In this fascinating and far-reaching book, Newsweek science writer Sharon Begley reports on how cutting-edge science and the ancient wisdom of Buddhism have come together to reveal that, contrary to popular belief, we have the power to literally change our brains by changing our minds. Recent	Sharon Begley	Ballantine Books	20/11/07	304	345479890	345479890	9780345479891
2	<i>Awake at Work: 35 Practical Buddhist Principles for Discovering Clarity and Balance in the Midst of Work's Chaos</i>	When we think of work, we often think of drudgery, frustration, and stress. For too many of us, work is the last place in our lives we expect to experience satisfaction, fulfillment, or spiritual growth. In this unique book, Michael Carroll—a meditation teacher, executive coach, and corporate director—shares	Michael Carroll	Shambhala	14/09/04	176	1570629838	1570629838	9781570629839
3	<i>Open Road: The Global Journey of the Fourteenth Dalai Lama, The</i>	One of the most acclaimed and perceptive observers of globalism and Buddhism now gives us the first serious consideration—“for Buddhist and non-Buddhist alike”—of the Fourteenth Dalai Lama’s work and ideas as a politician, scientist, and philosopher. Pico Iyer has been engaged in conversation with the	Pico Iyer	Knopf	25/03/08	288	307267601	307267601	9780307267603
4	<i>Universe in a Single Atom: The Convergence of Science and Spirituality, The</i>	The insights of Galileo, Copernicus, Newton, Niels Bohr, Einstein. Their insights shook our perception of who we are and where we stand in the world and in their wake have left an uneasy co-existence: science vs. religion, faith vs. empirical enquiry. Which is the keeper of truth? Which is the true path to understanding	Dalai Lama	Morgan Road Books	13/09/05	224	076792066X	076792066X	9780767920667
5	<i>Devotion: Following Tibetan Masters</i>		SHERRY MARSHALL	SIMON & SCHUSTER	01/01/99	156	731807677	731807677	9780731807673
6	<i>Maps Of The Profound: Jam-Yang-Shay-Ba's Great Exposition Of Buddhist And Non-Buddhist Views On The Nature Of Reality</i>	Maps of the Profound is a monumental achievement. Drawing on a lifetime's experience with leading figures in Tibetan oral scholarly traditions, Jeffrey Hopkins presents the most comprehensive and detailed exploration available of Tibetan tenet systems.	Jeffrey Hopkins	Snow Lion	28/10/03	1080	155939207X	155939207X	9781559392075
7	<i>Diamond Cutter: The Buddha on Managing Your Business and Your Life, The</i>	With a unique combination of ancient and contemporary wisdom from the Tibetan Buddhist tradition, The Diamond Cutter presents readers with empowering strategies for success in their work and personal lives. Geshe Michael Roach, one of the great teachers today of Tibetan Buddhism, has richly woven The	Geshe Michael Roach	Three Rivers Press	15/07/03	240	385497911	385497911	9780385497916
8	<i>This Precious Life: Tibetan Buddhist Teachings on the Path to Enlightenment</i>	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	Khandro	Shambhala	15/02/05	208	1590301749	1590301749	9781590301746
9	<i>Emptiness Yoga: The Tibetan Middle Way</i>	An absorbing exposition of the methods of realization of the Middle Way Consequence School (Prasangika Madhyamika) by Jeffrey Hopkins—considered by many the foremost Western authority on Tibetan Buddhism. His presentation is based on Jang-gya’s famous work—the original and translation	Jeffrey Hopkins	Snow Lion	01/01/95	536	1559390433	1559390433	9781559390439
10	<i>Meditation on Emptiness</i>	In this major work, Jeffrey Hopkins, one of the world’s foremost scholar-practitioners of Tibetan Buddhism, offers a clear exposition of the Prasangika-Madhyamaka view of emptiness as presented in the Ge-luk-ba tradition of Tibetan Buddhism. In bringing this remarkable and complex philosophy to life,	Jeffrey Hopkins	Wisdom Publications	15/06/96	992	861711106	861711106	9780861711109
11	<i>Great Disciples of the Buddha: Their Lives, Their Works, Their Legacy (Teachings of the Buddha)</i>	Just as Jesus was surrounded by twelve apostles, the Buddha also had a close group of followers. The remarkable spiritual achievements of these early disciples illustrate the relevance and power of the Buddha’s teaching. Through their encounter with India’s most influential sage, these determined men	Nyanaponika Thera, Hellmuth Hecker	Wisdom Publications		448	861713818	861713818	9780861713813
12	<i>Dzogchen: Heart Essence of the Great Perfection</i>	This is the most informative and thorough book on Dzogchen available. These teachings are on Dzogchen, the heart essence of the ancient Nyingma tradition of Tibetan Buddhism. Exploring this esoteric subject in print for the first time, His Holiness offers the reader insights into one of Buddhism’s	Dalai Lama	Snow Lion	07/09/04	272	1559392193	1559392193	9781559392198
13	<i>Indo-Tibetan Buddhism: Indian Buddhists &amp; Their Tibetan Successors</i>	This volume provides a comprehensive survey of Indian Buddhism and its subsequent establishment in Tibet. It concentrates on the tantric period of Buddhist theory and practice, from the eighth to the thirteenth centuries, when the Tibetans were actively engaged in absorbing all they could find of	David Snellgrove	Shambhala	18/03/03	656	1570629730	1570629730	9781570629730
14	<i>Essential Buddhist Prayers An FPMT Prayer Book Vol 2</i>		a:0: {}			0			
15	<i>Mind and its Functions, The</i>	Fundamental Buddhist Epistemology, including mental factors.	Geshe Rabten, Stephen Batchelor	Edition Rabten Choeling	01/06/92	189	2970001608	2970001608	9782970001607
16	<i>Mind in Tibetan Buddhism</i>	In the great Tibetan monasteries of Lhasa, monks seeking to purify their minds and develop the understanding necessary for final enlightenment began their inquiry into mind and consciousness by studying The Presentation of Awareness and Knowledge. Through understanding the nature of the mind	Lati Rinbochay, Elizabeth Napper	Snow Lion	01/01/81	184	937938025	937938025	9780937938027
17	<i>Two Truths: In The Madhyamika Philosophy Of The Gelukba Order Of Tibetan Buddhism (Studies in Indo-Tibetan Buddhism), The</i>	A Namgyal Monastery Institute Textbook & Studies in Indo-Tibetan Buddhism Series The persistent problem of Buddhist philosophy has been to find the middle way—an ontology sturdy enough to support a coherent ethical system that does not betray Buddha’s original vision of no-self or emptiness (sunyata).	Guy Newland	Snow Lion	01/01/92	320	937938793	937938793	9780937938799
18	<i>Illuminating the Path to Enlightenment</i>	About one thousand years ago, the great Indian pandit and yogi, Dipamkara Shrijnana (Atisha), was invited to Tibet to re-establish the Buddhadharmā, which had been suppressed and corrupted for almost two centuries. One of Atisha’s main accomplishments in Tibet was his writing of the seminal text, A Lamp	Rebecca McClen Novick, Thubten Jinpa, Nicholas Ribush, Geshe Tsu His Yeshe Tsondu	Lama Yeshe Wisdom Archive for Thubten Dhargye Ling Archive Ltwa	01/01/02	214	962342165	962342165	9780962342165
19	<i>Essence of Nectar, The</i>	Tibetan Buddhist scripture			01/07/05	106	8185102023	8185102023	9788185102023
20	<i>Sutra of Golden Light</i>		a:0: {}	Pali Text Society	01/09/96	137	860133486	860133486	9780860133483
21	<i>The Power-Places of Central Tibet: The Pilgrim's Guide</i>		Keith Dowman	Timeless Books	20/03/88	0			

22	<i>Arya Sanghatasutra Dharmaprayaya</i>	1: A brief history of the Sanghata Sutra 2: Guide to reciting the Sanghata Sutra 3: Extensive practice for reciting or reading the Sanghata	DamchÃ¶ Diana Finnegan		20/03/06	0				
23	<i>Meditation and Recitation upon Chenrezi</i>		a:0:}			0				
24	<i>Tibetan Buddhist Altars: A pop-up gallery of traditional art &amp; wisdom</i>		a:0:}			0				
25	<i>Precious Holy Child of Kopan</i>		Ven. Tenzin Zopa	Losang Dragpa Centre	20/03/06	0				
26	<i>Lawudo Lama: Stories of Reincarnation from the Mount Everest Region, The</i>	The Lawudo Lama presents two life stories along with an extended introduction laying out their social and cultural context. It takes place in the Mount Everest region of Nepal, the home of the famous Sherpa guides, where the people practice Tibetan Buddhism and revere the local lamas and yogis. The stories	Jamyang Wangmo	Wisdom Publications	15/03/05	448	861711831	861711831	9780861711833	
27	<i>Advice from a Spiritual Friend</i>	"Do not wish for gratitude. Never strike at the heart. Now if you die, you will have no regrets." The Seven-Point Thought Transformation	Geshe Rabten, Geshe Dhargyey	Wisdom Publications	01/05/01	176	861711939	861711939	9780861711932	
28	<i>Essence of the Heart Sutra: The Dalai Lama's Heart of Wisdom Teachings, The</i>	Like wise old friends, two Tibetan masters offer down-to-earth advice for cultivating compassion, wisdom, and happiness in every situation. Based on practical Buddhist verses on For more than two thousand years, the Heart Sutra has been part of the daily life of millions of Buddhists. This concise text, so rich and laden with meaning, concentrates the very heart of Buddhism into a powerful and evocative teaching on the interdependence of all reality. In Essence of the Heart	The Dalai Lama	Wisdom Publications	07/07/05	179	861712846	861712846	9780861712847	
29	<i>Cutting Through Spiritual Materialism</i>	In this modern spiritual classic, the Tibetan meditation master ChÃ¶ngyam Trungpa highlights the commonest pitfall to which every aspirant on the spiritual path falls prey: what he calls spiritual materialism. The universal tendency, he shows, is to see spirituality as a process of self-	Chogyam Trungpa	Shambhala	12/05/74	250	394730232	1569571090	9781569571095	
30	<i>Guide to the Bodhisattva Way of Life, A</i>	In the whole of the Tibetan Buddhist tradition, there is no single treatise more deeply revered or widely practiced than A Guide to the Bodhisattva Way of Life. Composed in the eighth century by the Indian Bodhisattva Santideva, it became an instant classic in the curricula of the Buddhist monastic universities	Santideva	Snow Lion	01/01/97	152	1559390611	1559390611	9781559390613	
31	<i>Healing Anger: The Power Of Patience From A Buddhist Perspective</i>	All the world's major religions emphasize the importance of the practice of love, compassion, and tolerance. This is particularly true in the Buddhist traditions, which unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love	Dalai Lama	Snow Lion	01/01/97	176	1559390735	1559390735	9781559390736	
32	<i>Stages of Meditation</i>	The Dalai Lama explains the principles of meditation in a practice-oriented format especially suited to Westerners. Based upon the middle section of the Bhavanakrama by Kamalashila, a translation of which is included, this is the most extensive commentary given by the Dalai Lama on this concise but important	Dalai Lama	Snow Lion	28/07/03	216	1559391979	1559391979	9781559391979	
33	<i>Meaning of Life, The</i>	Using the traditional Buddhist allegorical image of the Wheel of Life and the teaching of the twelve links of dependent origination, the Dalai Lama deftly illustrates how our existence, though fleeting and often full of woes, brims with the potential for peace and happiness. We can realize that potential by	Tenzin Gyatso, Dalai Lama	Wisdom Publications	01/11/00	164	861711734	861711734	9780861711734	
34	<i>Heart Advice for Death and Dying</i>	In our busy modern lives, we may not give much thought to death. We fear that thinking about death will take the joy out of living. But in reality, when we actively think about death and prepare for it, we find peace, fulfillment, and happiness in our current lives and our fear of death disappears. The Tibetan	Lama Zopa Rinpoche	Foundation for the Preservation of the Mahayana Tradition	01/01/09	170	972902821	972902821	9780972902823	
35	<i>Dalai Lama At Harvard: Lectures On The Buddhist Path To Peace, The</i>	His Holiness the Dalai Lama gave a series of lectures at Harvard University which fulfilled magnificently his intention of providing an in-depth introduction to Buddhist theory and practice. He structured the presentation according to the teachings of the Four Noble Truths and expanded their meaning to cover	Dalai Lama	Snow Lion	01/01/88	256	937938718	937938718	9780937938713	
36	<i>How To Practice Shamatha Meditation: The Cultivation Of Meditative Quiescence</i>	In 1988, Gen Lamrimpa, a Tibetan monk, led a one-year retreat in the Pacific Northwest, during which a group of Western meditators devoted themselves to the practice of meditative quiescence (shamatha). This book is a record of the oral teachings he gave to this group at the outset of the retreat. The	Gen Lamrimpa	Snow Lion	16/10/11	160	155939384X	155939384X	9781559393843	
37	<i>Introduction to Tantra : The Transformation of Desire</i>	New edition of this perennial classic. The best introductory work on Tibetan Buddhist tantra available today. Janet Gyatso, Harvard University What is tantra? Who is qualified to practice it? How should it be practiced? What are the results? According to Buddhism, every human being has the	Lama Thubten Yeshe	Wisdom Publications	15/06/01	192	861711629	97808617116	9780861711628	
38	<i>Guided Meditations on the Stages of the Path (with 15 hour mp3 meditation CD)</i>	The lamrim (stages of the path) presentation of Buddhist teachings has become a core topic of study at many Buddhist centers in the West. For busy practitioners, the lamrim gives a concise and easily graspable picture of the Buddhist path. Best-selling author Thubten Chodron has a unique ability to	Thubten Chodron	Snow Lion	05/09/07	224	1559392819	1559392819	9781559392815	
39	<i>Buddhism in a Nutshell, Essentials for Practice and Study</i>	Buddhism in a Nutshell is an overview of the complete Buddhist path to enlightenment that combines the blessings and transformational teachings of Tibetan Buddhist masters Lama Thubten Yeshe and Lama Zopa Rinpoche with the candidly refreshing perspective of Western teacher Venerable Amy Miller.	Lama Thubten Yeshe, Lama Zopa Rinpoche and Venerable	FPMT Education Dept.	16/04/10	243	972902856	972902856	9780972902854	
40	<i>Dear Lama Zopa: Radical Solutions for Transforming Problems into Happiness</i>	Unconventional wisdom, affirmation, and advice from one of Tibetan Buddhism's most influential living teachers. Lama Zopa Rinpoche is a master at explaining Buddhism's radical but effective methods for transforming suffering into happiness, which have been practiced and taught by Tibetans for a thousand	Lama Thubten Zopa Rinpoche	Wisdom Publications	22/05/07	224	861712897	861712897	9780861712892	
41	<i>Reflections On A Mountain Lake: Teachings On Practical Buddhism</i>	This sparkling collection of Dharma teachings by Tenzin Palmo addresses issues of common concern to Buddhist practitioners from all traditions. Personable, witty, and insightful, Tenzin Palmo presents an inspiring and no-nonsense view of Buddhist practice.	Ani Tenzin Palmo	Snow Lion	30/05/02	256	1559391758	1559391758	9781559391757	