



Buddhist Himalayas

Olivier Follmi, Danielle Follmi, Dalai Lama, Matthieu Ricard

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This spectacular book invites the reader on a journey to a faraway exotic land-and into one's own heart and soul. The beauty of the majestic Himalayan countryside, of the Tibetan people-spiritual masters and humble shepherds alike-and of their sacred places all inspire a desire to look within, in search of an understanding of the essence of Buddhism and the Himalayan spirit.

Contributions by eminent specialists on Tibetan culture-from the noted photographer Galen Rowell to the Dalai Lama himself-illuminate the cycle of birth, life, death, and rebirth. Glorious photographs of the Himalayas combine with the text to form a harmonious mosaic of this uniquely spiritual mountaintop civilization.

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