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Robert A. F. Thurman

first endowed chair of Buddhist Studies in the United States. He is the author of the bestseller Inner Revolution, as well as Anger, Infinite Life, and other popular books. He is also a translator of Tibetan texts.

~~Inner Revolution by
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Robert Thurman. The Buddha's core teachings call for a series of revolutions in the individual's perspective which then affect the surrounding community, culture & society in what Professor Thurman defines as a cool revolution. This podcast explores the

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themes of awakening
consciousness,
spiritual activism,
transformative
medicine of Buddha,
facing wide ranging
crises in our human
condition today and
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impeccable
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Revolution Farrar

Thurman (born August 3, 1941) is an American Buddhist author and academic who has written, edited, and translated several books on Tibetan Buddhism. He is the father of actress Uma Thurman.

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the father of Uma)

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co-founder of Tibet
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"Inner Revolution

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addresses both the history and the practical contemporary uses of Buddhism. With originality and enormous scholarship, Robert Thurman reveals the principles of the movement to celebrate individual happiness, which the Buddha initiated some

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What is the subtle
relationship between
mind and body? What
can today's scientists
learn about this
relationship from
masters of Buddhist
thought? Is it possible

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that by combining
Western and Eastern
approaches, we can
reach a new
understanding of the
nature of the mind,
the human potential
for growth, the
possibilities for mental
and physical health?
MindScience explores
these and other
questions as it
documents the

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beginning of a historic dialogue between modern science and Buddhism. The Harvard Mind Science Symposium brought together the Dalai Lama and authorities from the fields of psychiatry, psychology, neuroscience, and education. Here, they examine myriad

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Resolution concerning
the nature of the mind
and its relationship to
the body.

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

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Revolution
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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

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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.

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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

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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

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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

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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

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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.

Outlines an eleven-
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step system for
pursuing happiness
and enlightenment
using a metaphor
based on the
Buddhist jewel tree
tradition.

His Holiness the Dalai
Lama is an
extraordinary example
of a life dedicated to
peace,
communication, and

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unity. What he represents, and what he has accomplished, heals and transcends the current tensions between Tibet and China. Why the Dalai Lama Matters explores just why he has earned the world's love and respect, and how restoring Tibet's autonomy within

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China is not only possible, but highly reasonable, and absolutely necessary for all of us together to have a peaceful future as a global community. In the few decades since the illegal Chinese invasion of Tibet, Tibetans have seen their ecosystem destroyed, their

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and culture
repressed, and
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systematic oppression
and violence against
anyone who dares
acknowledge Tibetan
sovereignty. Yet,
above it all, the Dalai
Lama has been a
consistent voice for
peace, sharing a
"Middle-Way"
approach that has

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gathering accolades
from the Nobel Peace
Prize to the U.S.

Congressional Gold
Medal. Modeling this
peaceful resistance
shows the world that
nobody is free unless
everybody is free --
and that a solution
exists that can benefit
all parties, not just
one. And more than
just his nation have

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taken notice. His inter-religious dialogues, honest, humble demeanor, and sense of compassionate justice sets him apart in a world at war with itself. When China changes policy and lets Tibetans be who they are, Tibet can, in turn, join with China in peaceful coexistence. Why the Dalai Lama

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Matters is not merely a book about Tibet or the Dalai Lama. It is a revealing, provocative solution for a world in conflict, dealing with the very fundamentals of human rights and freedoms. By showing the work that the Dalai Lama has done on behalf of his people, Thurman illuminates a

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worldwide call to
action, showing that
power gained by
might means nothing
in the face of a
determined act of
truth.

The most accessible
and informative
version of the
Buddhist classic
available in English,
with instruction in

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meditation,
illuminating
commentary, and
guidance in the
practical use of the
prayers The so-called
“Tibetan Book of the
Dead” has been
renowned for
centuries as a
cornerstone of
Buddhist wisdom and
religious thought.
More recently, it has

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become highly influential in the Western world for its psychological insights into the processes of death and dying—and what they can teach us about the ways we live our lives. It has also been found to be helpful in the grieving process by people who have recently lost their loved ones.

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Composed in the eighth century C.E., it is intended to prepare the soul for the trials and transformations of the afterworld. Its profound message is that the art of dying is as important as the art of living. Drawing on Tibetan spiritual traditions, it shows us the workings of the mind in its various ma

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Manifestations—terrifying
and comforting,
wrathful and
beautiful—which
appear more clearly
after death in the
consciousness of the
deceased. By
recognizing these
manifestations, we
can attain a state of
enlightenment, both in
this existence and in
the existence to

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This authoritative translation preserves the form and spirit of the original and was prepared especially for Western readers by Robert A. F.

Thurman, one of the most prominent Tibetan scholars in America and a close associate of His Holiness the Dalai

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