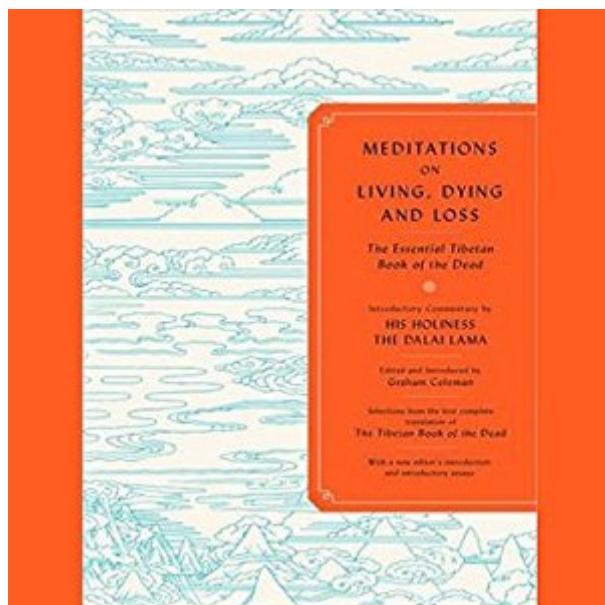


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Meditations On Living, Dying And Loss: The Essential Tibetan Book Of The Dead



Synopsis

The Tibetan Book of the Dead is the most significant of all Tibetan Buddhist writings in the West and one of the most inspirational and compelling texts in world literature. In *Meditations on Living, Dying and Loss*, Graham Coleman, the editor of Viking's acclaimed unabridged translation of The Tibetan Book of the Dead, collects the most beautifully written passages, ones that draw out the central perspectives most relevant to modern experience: What is death? How can we help those who are dying? And how can we come to terms with bereavement? Coleman introduces each chapter with a brilliant and incisive essay, providing the novice seeker access to these ancient insights. With introductory commentary by His Holiness the Dalai Lama, this succinct but authoritative volume will convey the beauty and profundity of the original to both the simply curious and those hungry for a better understanding of this life and the next.

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