



# The World of Tibetan Buddhism: An Overview of Its Philosophy and Practice

*His Holiness the Dalai Lama*

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With characteristic humility, His Holiness the Dalai Lama begins this landmark survey of the entire Buddhist path by saying, "I think an overview of Tibetan Buddhism for the purpose of providing a comprehensive framework of the path may prove helpful in deepening your understanding and practice." In this book, the Dalai Lama delivers a presentation that is both concise and profound, accessible and engaging. As readers explore Tibetan Buddhism more fully than ever before, they will find in His Holiness a great friend and authority.



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