

Suggested List of Introductory Books on Tibetan Buddhism

An Open Heart *Practicing Compassion in Everyday Life* by His Holiness The Dalai Lama,
published by Little, Brown and Company

Awakening the Mind, Lightening the Heart : *Core Teachings of Tibetan Buddhism* by His Holiness
The Dalai Lama, published by The Library of Tibet (Harper-Collins)

Buddhism for Beginners by Thubten Chodron **

The Door to Satisfaction *The Heart Advice of a Tibetan Buddhist Master* by Lama Thubten Zopa
Rinpoche.*

How to Meditate by Kathleen McDonald *

The Meaning of Life by The Dalai Lama **

Practicing the Path by Yangsi Rinpoche *

Step by Step: Basic Buddhist Meditations by Geshe Namgyal Wangchen *

Taming the Monkey Mind by Thubten Chodron **

Tibetan Buddhism from the Ground Up *A Practical Approach for Modern Life* by Alan Wallace *

Transforming Problems into Happiness by Lama Thubten Zopa Rinpoche.*

What Color is Your Mind? by Thubten Chodron **

When Things Fall Apart *Heart Advice for Difficult Times* by Pema Chodron **

* Published by **Wisdom Publications** (www.wisdompubs.org)

** Published by **Snow Lion Publications** (www.shambhala.com) Now Shambhala Publications.

**These books are available through the publishers or other online bookstores
(new and used).**



Deer Park Buddhist Center
4548 Schneider Drive
Oregon , Wisconsin 53575
www.deerparkcenter.org