

Kadampa Center's Recommended Introductory Buddhist Books

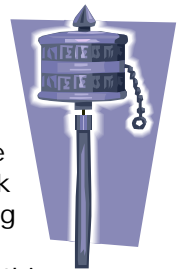
Books by His Holiness, the XIV Dalai Lama:

- ❖ **Answers: Discussions With Western Buddhists** - In these lively discussions, the Dalai Lama exhibits clear and penetrating insight into issues that are most important to Western students. The topics discussed include: psychology, Christianity, practicing Buddhism in the West, spiritual teachers, reincarnation, emptiness, tantra, deities, liberation, meditation, compassion, the power of holy places, and retreats.
- ❖ **Art of Happiness, The** (with Howard Cutler) - Have you ever wondered what it would be like to sit down with the Dalai Lama and really press him about life's persistent questions? Why are so many people unhappy? How can I abjure loneliness? How can we reduce conflict? Is romantic love true love? How should we deal with unfairness and anger? How do you handle the death of a loved one? These are the conundrums that psychiatrist Howard Cutler poses to the Dalai Lama during an extended period of interviews.
- ❖ **How To Practice** - As a primer on living the good life, few books compete with *How to Practice*, another profound offering from the exiled Tibetan Buddhist leader His Holiness the Dalai Lama. Westerners may be confused by the book's title, assuming that it focuses solely on Buddhist meditation and prayer techniques. Though it does address meditation and prayer, at its core this is a book that demonstrates how day-to-day living can be a spiritual practice.
- ❖ **How To Expand Love** - In this accessible and insightful book, His Holiness the Dalai Lama helps us to open our hearts and minds to the experience of unlimited love, transforming every relationship in our lives and guiding us ever closer to wisdom and enlightenment. The seven meditation stages that the Dalai Lama guides us through are perfect no matter at what level of practice you are. The lessons, teachings and meditations in this book will last you the rest of your life.
- ❖ **Live In a Better Way** - Imbued with a friendly tone and pithy wisdom, this handsome handbook to approaching life "in a better way" includes six of His Holiness the Dalai Lama's most accessible and inspirational public lectures. Following each talk are the original question-and-answer sessions in which His Holiness opens himself up to his listeners and now-to readers everywhere.



By Lama Yeshe & Lama Zopa Rinpoche

- ❖ **Wisdom Energy: Basic Buddhist Teachings** - A simple and compelling introduction to Buddhism by two Tibetan Lamas renowned for their insight and skill in teaching Westerners. It goes to the heart of basic Buddhist practice and discusses the meaning and purpose of meditation, the causes of dissatisfaction and unhappiness, and the methods for subduing them and gaining control over our minds and lives, while preserving the power, humor, and directness of the Lamas' first teaching tour of North America.
- ❖ **Transforming Problems Into Happiness** - Happiness and suffering are dependent upon your mind, upon your interpretation. They do not come from outside, from others. All of your happiness and all of your suffering are created by you, by your own mind," says Lama Zopa Rinpoche.



By other teachers & authors

- ❖ **Start Where You Are** by Pema Chodron - Pema Chodron is a Buddhist nun for regular folks. Having raised a family of her own, she doesn't shy away from persistent troubles and the basic meatiness of life. No need to wait for a quieter time or a more settled mind. The trick Chodron says is to re-pattern ourselves, to transform bad habits into good by first opening ourselves to the groundlessness of existence.
- ❖ **Buddhism for Beginners** by Thubten Chodron - Written in clear and engaging language, this book presents the Buddhist approach to the fundamental issues and concerns of daily life. Thubten Chodron guides us through the basic tenets of Buddhism, encouraging and instructing us in how to live a more peaceful, mindful and satisfying life. She untangles our confusions and leads us through the most basic aspects of this rich, living spiritual tradition.
- ❖ **Buddhism for Dummies** by Jonathan Landlaw and Stephan Bodian - Don't let the "Dummies" name fool you! If you're curious about Buddhism but feel intimidated by all the exotic jargon and strange trappings, this book is for you. Written by two leading American Buddhist teachers and scholars, it offers you a uniquely friendly way to explore the fascinating history of Buddhism.
- ❖ **How To Meditate** by Kathleen McDonald - What is meditation? Why practice it? How do I do it? The answers to these often-asked questions are contained in this down-to-earth book written by a Western Buddhist nun with solid experience in both the practice and teaching of meditation.
- ❖ **Tibetan Buddhism From the Ground Up** by B. Alan Wallace - This fascinating, accessible, enjoyable book asks neither unquestioning faith nor blind obedience to abstract concepts or religious beliefs. Rather, it challenges us to question and investigate life's issues for ourselves in the light of an ancient and effective approach to the sufferings and joys of the human condition.