

"As a guide to the Tibetan tradition and its insights
into life and death, Sogyal Rinpoche is without peer."

—*New York Times Book Review*

THE TIBETAN BOOK OF LIVING AND DYING

Sogyal Rinpoche

THE SPIRITUAL CLASSIC
AND INTERNATIONAL BESTSELLER

20TH ANNIVERSARY EDITION

Resumo de The Tibetan Book of Living and Dying

This acclaimed spiritual masterpiece is widely regarded as one of the most complete and authoritative presentations of the Tibetan Buddhist teachings ever written. A manual for life and death and a magnificent source of sacred inspiration from the heart of the Tibetan tradition, The Tibetan Book Of Living and Dying provides a lucid and inspiring introduction to the practice of meditation, to the nature of mind, to karma and rebirth, to compassionate love and care for the dying, and to the trials and rewards of the spiritual path.

[Acesse aqui a versão completa deste livro](#)