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Prisoners of Shangri-La: Seven Years in TibetThe Third EyeThe Bushcraft HandbookTibetan Book of the DeadThe Snow Lion and the DragonMountain agriculture: Opportunities for harnessing Zero Hunger in AsiaSeven years in Tibet, trilingual Complete David Bowie (Revised and Updated 2016 Edition)Ashes to AshesVirtual TibetSeven Years in TibetPeter Onschafter's Eight Years in TibetA Mountain In TibetA Man Of DavidSeven Years in TibetTibet's Last DancerCurly Hair Of The White SpiderSeven Years in TibetBecoming EnlightenedTibetIs My CountryThe Search for the Panchen LamaKundunIntroduction to BuddhismThe World of Tibetan BuddhismKundunBeyond Seven Years in TibetTibetSeven Years in TibetThe White SpiderAnnappurnaRed Carpet

Imprinted in India by the British when World War II was declared, Austrian climber Heinrich Harrer escaped, crossing the Himalayas to Tibet. Settling in Lhasa, the Forbidden City, he became the tutor and friend of the present Dalai Lama in this classic of adventure literature.

Reproduction of the original: Three Years in Tibet by Sharamana Ekai Kawaguchiko

From the ultimate David Bowie expert comes this exploration of the final decades of his musical career, covering every song he wrote, performed, or produced. From the ultimate David Bowie expert comes this exploration of the final four decades of the popstar’s musical career, covering every song he wrote, performed or produced from 1976 to 2016. Starting with Low, the first of Bowie’s Berlin albums, and finishing with Blackstar, his final masterpiece released just days before his death in 2016, each song is annotated in depth and explored in essays that touch upon the song’s creation, production, influences and impact.

Mountain food security and nutrition are core issues that can contribute positively to the achievement of the Sustainable Development Goals but paradoxically are often ignored in Zero Hunger and poverty reduction-related agendas. Under the overall leadership of José Graziano da Silva, the Former Director-General of FAO, sustainable mountain agriculture development is set as a priority in Asia and the Pacific, to offer solutions to food and nutrition security and poverty reduction. In this comprehensive publication is the first of its kind that focuses on the multidimensional status, challenges, opportunities and solutions of sustainable mountain agriculture development for Zero Hunger in Asia. This publication is building on the ‘International Workshop on Mountain Food Security and Nutrition: Understanding and Managing Complexity’, held by FAO RAP and IER in November 2018 Beijing, in collaboration with partners from national governments, national agriculture institutes, universities, international organizations and international research institutes. The publication provides analysis with evidence on how mountain agriculture can contribute to satisfying food security, to transform food systems to be nutrition-sensitive, climate-resilient, economically-viable and locally adaptable. From this food system perspective, the priority should be given to focus on specialty mountain product identification (e.g. Future Smart Food), production, processing, marketing and consumption, which would offer potential to increase the potential of mountain agriculture to contribute to Zero Hunger and poverty reduction. In addition, eight Asian country case studies not only identify context-specific challenges within biophysical-technical, policy, socio-economic and institutional dimensions.

A German author and mountaineer recounts his escape into Tibet during the Second World War, and his subsequent acceptance into the Tibetan upper class and friendship with the Dalai Lama. Reprint. Movie tie-in. 50,000 first printing. One Spirit Alt.

In his dramatic autobiography, Heinrich Harrer brings to life all of his adventures, from the early days of climbing in the Alps, through his time in Tibet, his later experiences including exploring the Congo with the King of Belgium and travels to remote parts of Asia, South America and Africa.

'Bright and riveting. This book shows us that freedom is a choice we can all make' Gelong Thubten, author of A Monk's Guide to Happiness

'A fascinating story of an incredible life, told with unflinching honesty' Dr John Sellars author of Lessons in Stoicism

Lama Yeshe didn't see a car until he was fifteen years old. In his quiet village, he and other children ran through fields with yaks and mastiffs. The rhythm of life was anchored by the pastoral cycles. The arrival of Chinese army cars in 1959 changed everything. In the wake of the deadly Tibetan Uprising, he escaped to India through the Himalayas as a refugee. One of only 13 survivors out of 300 travellers, he spent the next few years in America, experiencing the excesses of the Woodstock generation before reforming in Europe. Now in his seventies and a leading monk at the Samey Ling monastery in Scotland - the first Buddhist centre in the West - Lama Yeshe casts a hopeful look back at his momentous life. From his learnings on self-compassion and discipline to his trials and tribulations with loss and failure, his poignant story mirrors our own struggles. Written with warmth and authority, From a Mountain in Tibet shines a light on how the most desperate of situations can help us to uncover vital life lessons and attain lasting peace and contentment.

To coincide with the October film from Mandalay/TriStar, this a beautiful hardcover book features color photos, the script, and story behind the epic movie based on the classic memoir of Austrian mountaineer Heinrich Harrer, starring Brad Pitt and David Thewlis. 180 photos & drawings.

One of Sports Illustrated's Top 100 Sports Books of All Time: A gripping firsthand account of one of the most daring climbing expeditions in history. #1 New York Times Bestseller Annappurna I is the name given to the 8,100-meter mountain that ranks among the most forbidding in the world. In a dangerous and treacherous expedition, its summit was finally reached in 1950, when a group of French mountaineers made a mad dash for its peak. They became the first men to accomplish the feat, doing so without oxygen tanks or any of the modern equipment that contemporary climbers use. The adventure nearly cost them their lives. Maurice Herzog dicated this fascination with the Lost Human Race as a result of his recovered trek to the summit and his meetings with the locals.

The story of Tibet is told as by its remarkable first family—a story of reincarnation, coronation, heartbreaking exile, and finally the tenacious efforts of a holy man to save a nation and its people. Kundun is the first work to focus on the Dalai Lama’s family—his parents, four brothers, and two sisters. Particularly compelling are Mary Craig’s portraits of the Dalai Lamas’ siblings, who have negotiated with China on behalf of their country, enlisted the aid of international allies to spearhead Tibetan Resistance, and worked tirelessly to help thousands of sick and starving refugee children. This remarkable book opens in 1933 with the death of the thirteenth Dalai Lama and the frantic effort among Tibetan authorities to find his reincarnation. In their search for a baby boy displaying the characteristic marks of a Dalai Lama—tiger striped legs, wide eyes, large ears, and palms bearing the pattern of a sea shell—officials were led to a tiny village in northeastern Tibet, home of Lhamo Dhondup, a smart, stubborn toddler already known for his tantrums. Responding calmly when a reproducing the original: Three Years in Tibet by Sharamana Ekai Kawaguchiko

Lama India and TibetAn Introduction to BuddhismThe World of Tibetan BuddhismKundunBeyond Seven Years in TibetClintonSino-Tibetan Buddhism

The Himalayan chain. Dangerous not just for its extreme height but for a long and treacherous approach, its summit proved unreachable until

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The sense of humor that infuses nearly all of his work, the Dalai Lama invites us all to develop innermost awareness, a proper understanding of the nature of reality, and heartfelt compassion for all beings. This book was previously published under the title Lighting the Way.

The White Spider dramatically recreates not only the harrowing, successful ascent made by Harrer and his comrades in 1938, but also the previous, tragic attempts at a wall of rock that was recently enshrined in mountaineer Jon Krakauer’s first work, Eiger Dreams. For a generation of American climbers, The White Spider has been a formative book—yet it has long been out-of-print in America. This edition awaits discovery by Harrer’s new legion of readers.

“This is a fascinating book. It will educate you. Schwartzel has done some extraordinary reporting.” — The New York Times Book Review

“...this highly entertaining but deeply disturbing book, Erich Schwartzel demonstrates the extent of our cultural thrall to China. His depictions of the character, American and Chinese, who have enabled this situation represents a significant feat of investigative journalism — and what is most, not merely the movie business, but the new world order.” — Andrew Solomon, author of Far from the Tree and The Noonday Demon

An eye-opening and deeply reported narrative that details the surprising role of the movie business in the high-stakes contest between the U.S. and China from trade to technology to military might, competition between the United States and China dominates the public consciousness. But this battle for global influence is also playing out in a strange and unexpected arena: the movies. The film industry, Wall Street Journal reporter Erich Schwartzel explains, is the latest battleground in the tense and complex rivalry between these two world powers. In recent decades, as China has grown into a giant of the international economy, it has become a crucial source of revenue for the American film industry. Hollywood studios are now bending over backward to make movies that will appeal to China’s citizens—and gain approval from severe Communist Party censors. At the same time, and with America’s unwinding help, China has built its own film industry into an essential arm of its plan to export its national agenda to the rest of the world. The competition between these two movie businesses is a Cold War for this century, a clash that determines whether democratic and libertarian values will be broadcast most powerfully around the world. Red Carpet is packed with memorable characters who have knowingly or otherwise-played key roles in this tangled industry web: not only A-list stars like Matt Damon, Angelina Jolie, and Richard Gere but also eccentric Chinese billionaires, zany expatriate filmmakers, and starlets who disappear from public life without explanation or trace. Schwartzel combines original reporting, political history, and show-business intrigue in an exhilarating tour of global entertainment, from propaganda film sets in Beijing to the boardrooms of Hollywood studios to the living rooms in Kenya where families decide whether to watch an American or Chinese movie. Alarmed and, wildly entertained, Red Carpet will not only alter the way we watch movies but also offer essential new perspective on the power struggle of this century.

For centuries Westerners have held idealized or patronising views of Tibet, from Shangri-La to heathen yak-herders. More recent times have seen the sinister distortions of the Nazis, Hollywood misrepresentations and the rapid encroachment of the commercial-industrial complex. For centuries Westerners have held idealized or patronising views of Tibet, from Shangri-La to heathen yak-herders. More recent times have seen the sinister distortions of the Nazis, Hollywood misrepresentations and the rapid encroachment of the commercial-industrial complex. The Award-winning journalist Brian McGrory goes head to head in a battle royale with another male for a top-spot in his home, vying for dominance with the family’s pet rooster as he learns how to live by living with animals. A film tie-in edition to the new film starring Brad Pitt and directed by Jean-Jacques Annaud of one of the greatest and most enduring travel accounts of the twentieth century.

The biggest edition yet — expanded and updated with 35,000 words of new material! Critically acclaimed in its previous editions, The Complete David Bowie is widely recognized as the foremost source of analysis and information on every facet of Bowie’s career. The A-Z of songs and the day-by-day timeline are the most complete ever published. From the 11-year-old’s skiffle performance at the 18th Bromley Scouts’ Summer Camp in 1958, to the emergence of the legendary solo album Toy in 2011, to his passing in January 2016, The Complete David Bowie traces every last step of his fascinating career. * The Discography — details every recording and analysis of every album from 1967 to the present day. * The Songs — hundreds of individual entries reveal the facts and anecdotes behind not just the famous recordings, but also the most obscure of unreleased rarities — from ‘Absolute Beginners’ to ‘Ziggy Stardust’, from ‘Abrahamibride’ to ‘Zion’. * The Tours — detailed and wondrous chronicle and history and schedule of every live show. * The Albums — complete guide to Bowie’s career on stage and screen. * Plus — the videos, the BBC radio sessions, the paintings, the Internet and much more.

The renowned spiritual leader outlines an accessible approach to the pursuit of enlightenment that draws on traditional Buddhist meditative practices, in a step-by-step guide that includes coverage of such topics as embracing a positive attitude and overcoming suffering. 150,000 first printing.

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.” In this beautifully illustrated, beautifully written introduction to Tibetan spiritual practice, the Dalai Lama guides us on a grand tour of the Buddhist path with patient explanation and profound wisdom. As readers explore Tibetan Buddhism more fully than ever before, they will find in His Holiness a great friend and authority.

Sino-Tibetan Buddhism implies cross-cultural contacts and exchanges between China and Tibet. The ten case-studies collected in this book focus on the spread of Chinese Buddhism within a mainly Tibetan environment and the adaptation of Tibetan Buddhism among a Chinese-speaking audience throughout the ages.

The story of Tibet at the turn of the century as seen through the eyes of a boy. T. Lobsang Rampa was preordained to be a Tibetan priest, a role with only a slight knowledge of the rigorous spiritual training and physical ordeal that awaited him. This is his story, a hauntingly beautiful and deeply inspiring journey of awakening within Chakpori Lamasery, the temple of Tibetan medicine. It is a moving tale of the Tibetans and their way of life.

This is a highly illustrated, personal account of Peter Aufschnaiter’s eight-year sojourn in Tibet, characterized by his empathy for and understanding of Tibetan culture and enriched by his photographs and sketches. The text is a sensitive record of the Tibetans and their way of life and ends with the eye of the Chinese invasion that was to wreak such irreversible damage to this unique culture.

What has made remote, mountainous Tibet and its only real celebrity, the Dalai Lama, so abidingly fascinating to the West? In Virtual Tibet, Brian McGrory goes head to head in a battle royale with another male for a top-spot in his home, vying for dominance with the family’s pet rooster as he learns how to live by living with animals. A film tie-in edition to the new film starring Brad Pitt and directed by Jean-Jacques Annaud of one of the greatest and most enduring travel accounts of the twentieth century.

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with an entirely strange world as he flees northward to freedom in Denmark. Originally published as North to Freedom. An ALA Notable Book. Simultaneous.

In 2002 Xinran’s Good Women of China became an international bestseller, revealing startling new truths about Chinese life to the West. Now she returns with an epic story of love, friendship, courage and sacrifice set in Chinese-occupied Tibet. Based on a true story, Xinran’s extraordinary second book takes the reader right to the hidden heart of one of the world’s most mysterious and inaccessible countries. In March 1958, Shu Wen learns that her husband, an idealistic army doctor, has died while serving in Tibet. Determined to find out what happened to him, she courageously sets off to join his regiment. But to her horror, instead of finding a Tibetan people happily welcoming their Chinese “liberators” as she expected, she walks into a bloody conflict, with the Chinese subject to terrifying attacks from Tibetan guerrillas. It seems that her husband may have died as a result of this clash of cultures, this disastrous misunderstanding. But before she can know his fate, she is taken hostage and embarks on a life-changing journey through the Tibetan countryside – a journey that will last twenty years and lead her to a deep appreciation of Tibet in all its beauty and brutality. Sadly, when she finally discovers the truth about her husband, she must carry her knowledge back to a China that, in her absence, has experienced the Cultural Revolution and changed beyond recognition.

The younger sister of the Dalai Lama, and a cabinet officer of Tibet’s government in exile, recounts her experiences growing up in Tibet, and shares the culture and traditions of her native land.

The moving biography of Thubten Jigme Norbu, an elder brother of the fourteenth Dalai Lama. Thubten Norbu recalls the details of his life: his childhood, his recognition as a reincarnated lama, the story of his brother, and the exile of thousands of Tibetans from their homeland. Thubten Norbu told his story (it was actually taped) to Heinrich Harrer who spent Seven Years in Tibet (Harrer’s account appeared in 1954) and was the tutor to the Dalai Lama.

To the Western imagination, Tibet evokes exoticism, mysticism, and wonder: a fabled land removed from the grinding onslaught of modernity, spiritually endowed with all that the West has lost. Originally published in 1998, Prisoners of Shangri-La provided the first cultural history of the strange encounter between Tibetan Buddhism and the West. Donald Lopez reveals here fanciful misconceptions of Tibetan life and religion. He examines, among much else, the politics of the term “Lamaism,” a pejorative synonym for Tibetan Buddhism; the various theosophical, psychedelic, and New Age purposes served by the so-called Tibetan Book of the Dead; and the unexpected history of the most famous of all Tibetan mantras, om mani padme hum. More than pop-culture anomalies, these versions of Tibet are often embedded in scholarly sources, constituting an odd union of the popular and the academic, of fancy and fact. Upon its original publication, Prisoners of Shangri-La sent shockwaves through the field of Tibetan studies—hailed as a timely, provocative, and courageous critique. Twenty years hence, the situation in Tibet has only grown more troubled and complex—wit the unrest of 2008, the demolition of the dwellings of thousands of monks and nuns at Larung Gar in 2016, and the scores of self-immolations committed by Tibetans to protest the Dalai Lama’s exile. In his new preface to this anniversary edition, Lopez returns to the metaphors of prison and paradise to illuminate the state of Tibetan Buddhism—both in exile and in Tibet—as monks and nuns still seek to find a way home. Prisoners of Shangri-La remains a timely and vital inquiry into Western fantasies of Tibet.

In this thoughtful analysis, a distinguished professor presents a balanced historical view of the conflict among the Dalai Lama, Tibet, and China. Illustrations.

In this vivid memoir that has sold millions of copies worldwide, Heinrich Harrer recounts his adventures as one of the first Europeans ever to enter Tibet. Harrer was traveling in India when the Second World War erupted. He was subsequently seized and imprisoned by British authorities. After several attempts, he escaped and crossed the rugged, frozen Himalayas, surviving by duping government officials and depending on the generosity of villagers for food and shelter. Harrer finally reached his ultimate destination—the Forbidden City of Lhasa—without money, or permission to be in Tibet. But Tibetan hospitality and his own curious appearance worked in Harrer’s favor, allowing him unprecedented acceptance among the upper classes. His intelligence and European ways also intrigued the young Dalai Lama, and Harrer soon became His Holiness’s tutor and trusted confidant. When the Chinese invaded Tibet in 1950, Harrer and the Dalai Lama fled the country together. This timeless story illuminates Eastern culture, as well as the childhood of His Holiness and the current plight of Tibetans. It is a must-read for lovers of travel, adventure, history, and culture. A motion picture, under the direction of Jean-Jacques Annaud, will feature Brad Pitt in the lead role of Heinrich Harrer.

Offers an account of a Tibetan boy, possibly the incarnation of the Panchen Lama, and his family taken by Chinese security forces, and reveals how the boy became a political pawn between the Chinese regime and Tibet’s Dalai Lama.

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