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