



CENTRAL & EAST ASIA

Tibet | READING AND TRAVEL GUIDE

Here's a page from Longitude, the specialty bookseller for travelers. To order online, and to see the latest, most comprehensive selection of books and maps, go to <http://reading.longitudebooks.com/3Q86>. You may also call 800-342-2164 to order or request a catalog.

ESSENTIAL Reading

These 5 items are available for **\$75**, including U.S. shipping, a **15%** discount (Item no. EXTBT49)

Essential Tibetan Buddhism • Robert Thurman

RELIGION • 1996 • PAPER • 317 PAGES

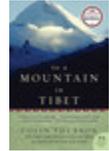
A collection of recently translated texts by the foremost Western scholar of Tibetan Buddhism. Thurman has chosen well from that tradition's sacred literature and helpfully includes suggested further reading, explanatory notes and a directory of sacred sites. (TBT15, \$14.99)



To a Mountain in Tibet • Colin Thubron

TRAVEL NARRATIVE • 2012 • PAPER • 256 PAGES

Now in his eighth decade, the intrepid, soulful Thubron journeys to Kailash, the revered embodiment of life, death, impermanence and the eternal -- "the source of the universe, created from cosmic waters and the mind of Brahma." A NY Times Notable Book of 2011 and Longitude favorite of 2011. (TBT134, \$15.99)



Lonely Planet Tibetan Phrasebook • Sandup Tsering

LANGUAGE & PHRASEBOOKS • 2014 • PAPER • 256 PAGES

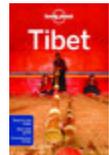
A brief guide to Tibetan with transliterations of place names, pronunciation guide and common phrases. (TBT52, \$8.99)



Lonely Planet Tibet • Lonely Planet

GUIDEBOOK • 2015 • PAPER • 352 PAGES

A practical guide to Tibet with new and revised maps, features on Tibetan and Mandarin language, notes on Buddhism, Tibetan culture and its rich history. Included also are the process of acquiring visas and documents when traveling from Nepal to Tibet, as well as the political situation in the region. (TBT50, \$29.99)



Tibet Map • Gizi Map

2011 • MAP

A detailed traveler's map of Tibet and surrounding regions at a scale of 1:2,000,000, including Kashgar, Delhi, Katmandu, Thimphu and portions of the Xinjiang. With an index on the reverse. Two Sides. 33x49 inches. (TBT17, \$9.95)



Also Recommended

Tibet, Township Map & Place Name Index • Tsering Wangyal Shawa • Portraying China's vast Tibetan Autonomous Region, including Qinghai, Sichuan, Yunnan and Gansu, this specially produced map indexes township place names in English, Tibetan and Chinese. Scaled to 1:1,900,000. (TBT166, \$24.95)

Altitude Illness: Prevention and Treatment • [Stephen Bezruchka](#) • REFERENCE • Bezruchka, a mountaineer and M.D., includes case studies, frequently asked questions and simple methods of diagnosis and treatment in this indispensable pocket guide. (REF02, \$8.95)

Bradt Guide Tibet • [Michael Buckley](#) • GUIDEBOOK • A practical, detailed overview of Tibetan history, culture, attractions and natural life. Includes color photographs, local maps and excellent travel information. (TBT74, \$26.99)

Footprint Tibet Handbook • [Gyurme Dorje](#) • GUIDEBOOK • An outstanding guide by a leading Buddhist scholar, including the central plateau, eastern provinces of Kham and Amdo, as well as Bhutan and the Kathmandu Valley. Almost 1,000 pages but surprisingly compact, with maps, color photographs, and a brief overview of culture and history. (TBT37, \$29.95)

Trekking Tibet • [Gary McCue](#) • [George Schaller](#) • GUIDEBOOK • An indispensable guide, featuring pre-trip planning, discussions of the most scenic routes and an overview of Tibetan culture and history. (TBT10, \$29.95)

A Historical Atlas of Tibet • [Ryavec, Karl E.](#) • HISTORY • At long last, an atlas devoted to history and culture of Tibet. Ryavec's stunning collection of maps spans the centuries and the culture of the highest place on Earth -- a must for Tibet enthusiasts. (TBT169, \$45.00)

Buddhism, A Very Short Introduction • [Damien Keown](#) • RELIGION • One of a series of very brief, authoritative introductions by Oxford University Press with chapters on the Buddha, Karma, the Mahayana, Buddhism in Asia, Buddhist practices and ethics. (ASA53, \$11.95)

In Exile from the Land of Snows, The Dalai Lama and Tibet Since the Chinese Occupation • [John Avedon](#) • CULTURAL PORTRAIT • Avedon's masterful, passionate cri de coeur, still the best book on the subject, shows the lives of the Tibetan people at home and in exile since the Chinese takeover in 1950 through the eyes of its leaders, monks and regular people. Originally published in 1984 and now re-released with a new foreword and updated chronology. (TBT04, \$18.95)

Introduction to Tibetan Buddhism • [John Powers](#) • RELIGION • A comprehensive study of the history and philosophy behind Tibetan Buddhism, suitable for the general reader. (TBT40, \$22.95)

The Dragon in the Land of Snows • [Tsering Shakya](#) • HISTORY • A comprehensive account of the history and political development of Tibet since 1947, which includes eye-opening details of the American, British and Indian players involved in Tibet's struggle for sovereignty. (TBT32, \$20.00)

The Open Road • [Pico Iyer](#) • CULTURAL PORTRAIT • Travel writer Pico Iyer was a graduate student in Britain when he first met the Dalai Lama. Here he draws on his long association with the man and his ideas, painting a remarkable portrait of the Tibetan people and the aspirations of their leader. (TBT118, \$15.95)

The Tibetan Book of Living and Dying • [Patrick Gaffney](#) • [Andrew Harvey](#) • [Sogyal Rinpoche](#) • RELIGION • This classic, modern interpretation of the Tibetan Book of the Dead is both a lucid introduction to Tibetan Buddhism and a guide to meditation and spiritual growth in an ancient esoteric tradition. (TBT137, \$19.99)

The Tibetan Book of the Dead • [Graham Coleman](#) • [Gyurme Dorje](#) • RELIGION • The first complete English translation of an indispensable work on Tibetan religious beliefs. (TBT88, \$23.00)

Tibet, An Inner Journey • [Matthieu Ricard](#) • CULTURAL PORTRAIT • Ricard draws on his long association with the region and Buddhism for this collection of 191 vivid color photographs of the people and landscapes of Kham, or Eastern Tibet. (TBT113, \$19.95)

Tibet, An Unfinished Story • [Lezlee Brown Halper](#) • HISTORY • The story of Tibet's struggle for independence, featuring superpowers China, Russia and the United States and infamous political figures Stalin, Mao Zedong and Indian Prime Minister Nehru. (TBT163, \$29.95)

Tragedy in Crimson • [Tim Johnson](#) • HISTORY • Based on extensive on-the-ground reporting in China, Nepal, India and the United States, this hard-hitting account of the status of Tibet travels from isolated Tibetan villages and monasteries to the heart of the exile movement in Dharamshala, on tour with the Dalai Lama and to Hollywood and Washington, where Tibet gets the most public exposure. (TBT138, \$26.99)

Trespassers on the Roof of the World • [Peter Hopkirk](#) • HISTORY • Hopkirk's spellbinding history of the uninvited exploration of Tibet from the 19th century to the present, including a fantastic array of Victorian adventurers. His wild tale has as its centerpiece the 1949-1951 invasion by China. (TBT08, \$16.00)

Discovering Tibet, The Tucci Expeditions and Tibetan Paintings • [Deborah Klimburg-Salter](#) • ART & ARCHITECTURE • **COMING IN SEPTEMBER** • A formidable introduction to the vibrant paintings of Tibet through the explorations of Giuseppe Tucci, the founder of modern Tibetanology. Original photographs, plus full-color reproductions enable readers to study Tibetan compositional styles, iconography and learn to read the artworks. (TBT174, \$55.00)

The Heart of the World, A Journey to Tibet's Lost Paradise • [Ian Baker](#) • [The Dalai Lama](#) • EXPLORATION • Climber and Buddhist scholar Ian Baker's account of discovery in the upper reaches of the Tsangpo Gorge in the heart of the Tibetan Himalayas. Before Baker's expedition, the gorge -- a mystical sanctuary of Tibetan Buddhism -- had not been explored since 1925. (TBT78, \$18.00)

The Snow Leopard • [Peter Matthiessen](#) • EXPLORATION • **FAVORITE** • The most perceptive, acutely observed and personal of all his books, Matthiessen's account of a five-week journey through Nepal with naturalist George Schaller combines their quest for the elusive cat with a moving introduction to Buddhism and the people and culture of the Himalayas. (NPL03, \$17.00)

Freedom in Exile, The Autobiography of the Dalai Lama • [Dalai Lama](#) • BIOGRAPHY/MEMOIR • A vivid self-portrait, told with optimism, great determination, humor and insight. (TBT25, \$15.99)

From Heaven Lake, Travels Through Sinkiang and Tibet • [Vikram Seth](#) • TRAVEL NARRATIVE • An unconventional, award-winning travelogue of a 1981 trip to India from China via the Himalayas by the marvelous Indian novelist Vikram Seth. (HML19, \$15.00)

My Journey to Lhasa • [Alexandra David-Neel](#) • TRAVEL NARRATIVE • Dressed as a humble pilgrim and traveling under the cover of night, the indomitable 55-year-old David-Neel and her young companion climbed mountains and tricked soldiers in order to ultimately reach Tibet's forbidden capital. Originally published in 1923, this account stands as a riveting portrait of early 20th-century Tibet. (TBT26, \$14.99)

My Tibetan Childhood, When Ice Shattered Stone • [Naktsang Nulo](#) • BIOGRAPHY/MEMOIR • One of the most reprinted books of modern Tibetan literature. Nulo's memoir takes us on a personal journey through the wartime atrocities of 1950s Tibet and the Chinese invasion. (TBT165, \$24.95)

Peaks on the Horizon, Two Journeys in Tibet • [Charlie Carroll](#) • TRAVEL NARRATIVE • Two men recount their personal relationships with the volatile and awe-inspiring country of Tibet: an English teacher who, acting on a lifelong obsession, explores the region during sabbatical and a Tibetan exile stranded at the border as he strives to reunite with the love of his life. (TBT168, \$16.95)

Seven Years in Tibet • [Heinrich Harrer](#) • BIOGRAPHY/MEMOIR • First published in 1953, this is the riveting account of a young Austrian adventurer and mountaineer who became tutor to the Dalai Lama. (TBT02, \$14.95)

In the Land of the Blue Poppies • [Frank Kingdon-Ward](#) • [Tom Christopher](#) • [Jamaica Kincaid](#)
• ANTHOLOGY • Expert Tom Christopher presents excerpts from intrepid Kingdon-Ward's fascinating accounts of plant-hunting adventures in Tibet, Burma and the Himalayas in the early 20th century. (ASA35, \$19.00)

Sky Burial, An Epic Love Story of Tibet • [Xinran](#) • LITERATURE • Xinran turns the tale of a young Chinese woman's lifelong search for her husband in Tibet, based on an 1994 interview, into a powerful, gut-wrenching tale, evoking the customs, traditions and challenges of contemporary Tibet. (CHN282, \$15.95)

Tibetan Folk Tales • [Fredrick Hyde-Chambers](#) • [Audrey Hyde-Chambers](#) • LITERATURE • This anthology of legends and fables, handed down by generations of storytellers, includes the Tibetan creation myth, Buddhist tales and the famous epic of hero King Gesar of Ling. (TBT59, \$21.00)

www.longitudebooks.com (800) 342-2164 2838 Vicksburg Lane N Plymouth, MN 55447