



Living Without Regret: Human Experience in Light of Tibetan Buddhism

Arnaud Maitland

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Coming to terms with the loss of a loved one is a major life challenge. In this moving book the author, a longtime practitioner and teacher of Tibetan Buddhism, reveals how his grief over his mother's death, who had been an Alzheimer's patient for many years, deepened his ability to apply the Buddhism and Skillful Means teachings in his own life.

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