



# Offerings: Moments of Mindfulness from the Masters of Tibetan Buddhism (Mini)

*Danielle Föllmi, Olivier Föllmi*

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*Offerings* is a deeply thoughtful collection of wisdom and knowledge from Tibetan Buddhism. Based on the original title, published in 2003, this new edition showcases the best of the acclaimed book in a charming smaller format. Including stunning imagery, the book pairs each of its photographs with a choice Buddhist quote. The masters of Tibetan Buddhism—including His Holiness the Dalai Lama, Kalu Rinpoche, Chögyam Trungpa, Shabkar Tsogdruk Rangdrol, Jack Kornfield, and Arnaud Desjardins—convey their understanding of existence, presenting a vision of life that celebrates humanity and encourages continual self-improvement.

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