



Living Fully: Finding Joy in Every Breath

By Shyalpa Tenzin Rinpoche

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We all aspire to live fully and freely in the moment.

In *Living Fully*, Shyalpa Tenzin Rinpoche reveals timeless wisdom that can help us fulfill this deepest aspiration. Each succinct teaching is a luminous jewel, an invaluable guide to actualizing our innate potential and breathing with joy and ease.

Today, with so many struggling with financial, relationship, and career challenges, *Living Fully: Finding Joy in Every Breath* is a timely prescription. Rinpoche offers the tools we need to experience genuine inner freedom, uncorrupted by endless craving for something better. Topics include beginning with a pure motivation, the preciousness of breath, healing oneself and others, the essence of meditation, and spontaneous fulfillment.

Shyalpa Tenzin Rinpoche has written the book that our troubled age has been yearning for. It is a treasure trove of heartfelt advice on how to seize the moment and live with kindness and understanding. Rinpoche's teachings gently beckon us home to the purity and simplicity of our true nature. At peace with ourselves and at ease with the world, we can discover what it means to live our lives fully.

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Living Fully: Finding Joy in Every Breath By Shyalpa Tenzin Rinpoche Bibliography

- Sales Rank: #278804 in Books
- Published on: 2012-01-24
- Original language: English
- Number of items: 1
- Dimensions: 8.75" h x 5.75" w x 1.00" l, 1.10 pounds
- Binding: Hardcover
- 296 pages

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Editorial Review

Review

“Amidst the increasing flow of books about mindfulness and meditation, this book is a special gift — one which speaks softly and with great love.”

— *Retailing Insights*

“Shyalpa Tenzin Rinpoche draws on the teachings of the Great Perfection (dzogchen) of the Tibetan Buddhist tradition. Clearly written with many easy-to-understand metaphors, this guide focuses on gentle, inspirational exhortations for change.”

— *Publishers Weekly*

About the Author

Preeminent Buddhist Teacher **Shyalpa Tenzin Rinpoche** was born in the foothills of the Himalaya Mountains. Trained as a lama from the age of four, Rinpoche received transmissions from all the major schools of Tibetan Buddhism. Rinpoche is a lineage holder of the Great Perfection (Dzogchen) tradition.

His Eminence Shyalpa Rinpoche has conducted countless retreats, seminars, and empowerments at centers throughout the world and has given talks at Harvard, Yale, Wesleyan, and Naropa, among other venues. His current teaching schedule includes North America, South America, Asia, and Europe.

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Alicia Gentry:

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Mattie Regan:

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