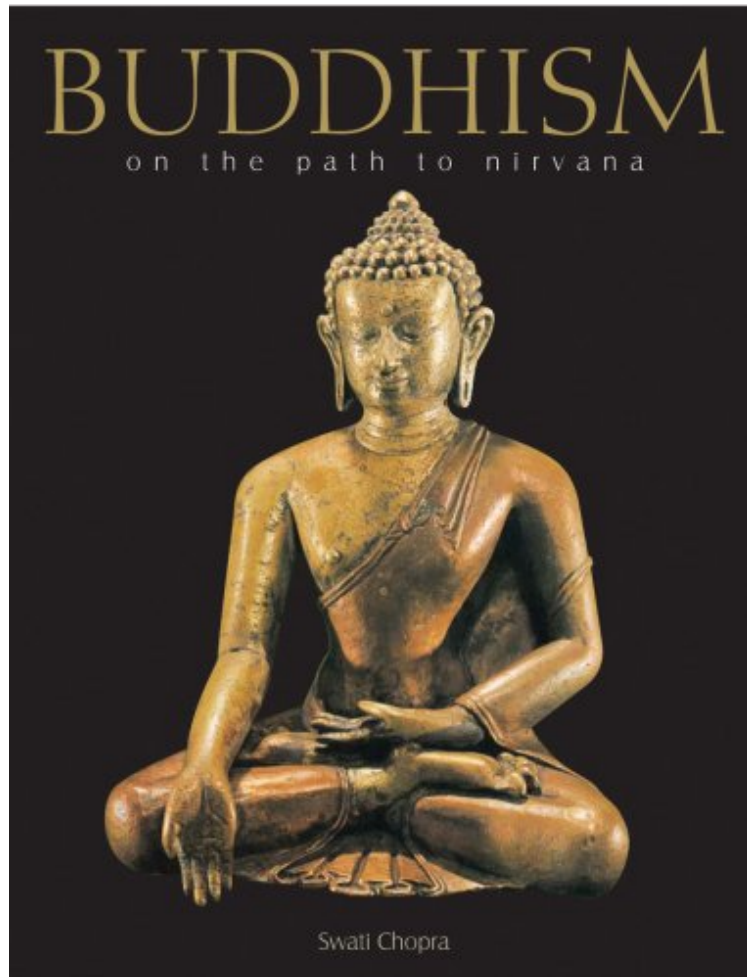


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With a heightening interest in Buddhism worldwide, and a fast-growing respect for the Dalai Lama as a preacher of peace and contentment, "Buddhism: On the Path to Nirvana" is a welcome and much needed introduction to the life and teachings of Buddha. Swati Chopra is the perfect guide as she walks the path of Buddha's life with the reader to his eventual discovery of the joy of being. Interesting cameos on Padmasambhava, the mandalas, Jatakas and excerpts from an interview with the Dalai Lama add to the reader's understanding of Buddhism. Lavishly illustrated with almost 200 images depicting varying aspects of Buddhism in south east Asia - stupas, temples, rock carvings, monasteries, rites and ceremonies, religious objects and symbols, lamas in prayer - this is a book that will inform and enlighten the

reader.

About the Author SWATI CHOPRA is a Delhi-based journalist who writes on spirituality and religion. She is the editor of Life Positive Plus, a quarterly journal dedicated to spirituality and holistic living. She headed the spirituality desk of The Times of India. Her interest in Buddhism arises from the way it lends itself to radical interpretations in cultural, social, political, ecological and spiritual situations.