



# The Heart of Tibet

*Eiichi Matsumoto*

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## **The Heart of Tibet** Eiichi Matsumoto

This magnificent collection features photographs of Tibet's breathtaking landscapes and sacred monasteries alongside teachings of His Holiness the Fourteenth Dalai Lama. Separated into two halves—one containing reflections on the happiness of the human mind and the spiritual uplift of mankind, the other examining the Tibetan way of life—this compilation offers a unique look at the land's aesthetic and cultural appeal. From the lives of Tibetan farmers and the importance of religion to the concept of national egoism and the Potala Palace, the images and text combine to provide a true insider's view of the region.

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