



The Essential Chogyam Trungpa

Carolyn Rose Gimian

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Chögyam Trungpa wrote more than two dozen books on Buddhism and the Shambhala path of warriorship. *The Essential Chögyam Trungpa* blends excerpts from bestsellers like *Shambhala: The Sacred Path of the Warrior*, *Cutting Through Spiritual Materialism*, *Meditation in Action*, and other titles into a concise overview of Trungpa's teachings. Forty selections from fourteen different books articulate the secular path of the Shambhala warrior as well as the Buddhist path of meditation and awakening. This "new classic" vividly demonstrates Trungpa's great appreciation of Western culture which, combined with his deep understanding of the Tibetan tradition, makes these teachings uniquely accessible to contemporary readers. It will appeal to beginning students of meditation as well as seasoned readers of Eastern religion.

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