

“*Awakening Through Love* distills Tibetan Buddhism’s wisdom into a practical manual for contemporary life.

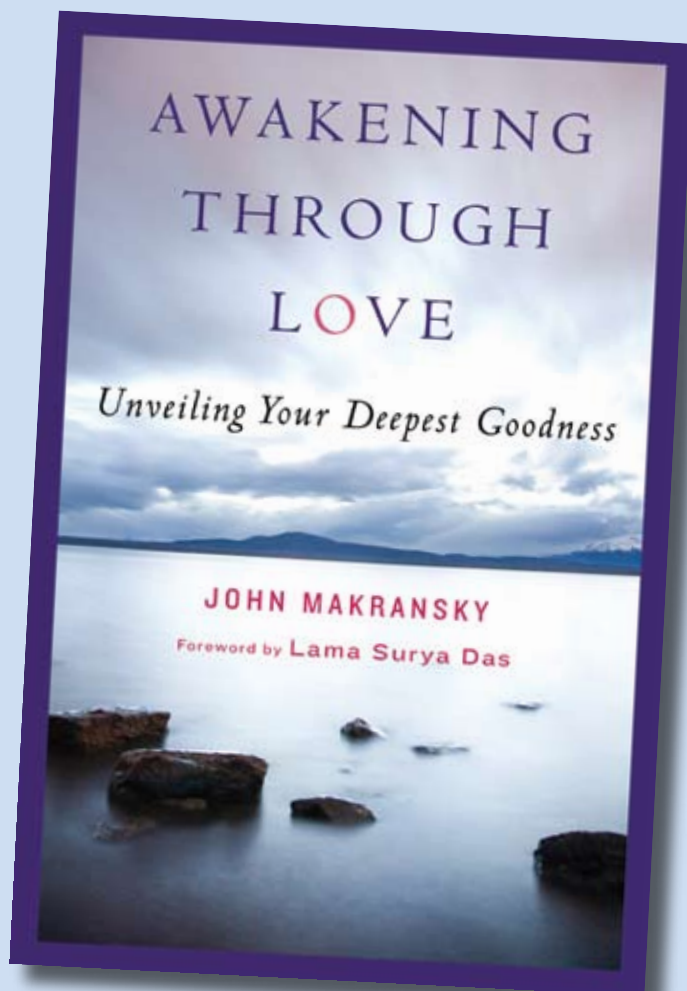
It’s a must-read if you yearn for freedom, peace and healing, not to mention unshakeable joy.”

—Raphael Cushnir, author of *Setting Your Heart on Fire*

MOTHER THERESA. THE DALAI LAMA. NELSON MANDELA. GANDHI. Some admire such figures from afar and think, *How special they are; I could never be like that.* But as John Makransky has learned, the power of real and enduring love lies within every one of us. *Awakening Through Love* is his guide to finding it.

“*Awakening Through Love*’s wisdom will benefit anyone who yearns to become a more loving human being.”—Daniel Goleman, author of *Social Intelligence*

“Makransky’s book offers profound and clear instructions for realizing compassionate love, the essence of our pure human heart that awakens the awareness of universal peace and ultimate wisdom.”—Tulku Thondup, author of *Boundless Healing*



JOHN MAKRANSKY is a professor of Buddhism and Comparative Theology at Boston College and a teacher in the Dzogchen tradition of Tibetan Buddhism. A practitioner of Tibetan meditations of compassion and wisdom for thirty years, he has pioneered new ways of making these accessible to people of all backgrounds and faiths. He lives outside Boston with his wife, two sons, and dog.



288 PAGES | PAPER | ISBN-13 978-0-86171-537-4 | \$16.95

PUBLICITY QUERIES: PROMO@WISDOMPUBS.ORG