TABLE OF CONTENTS

Homage
Acknowledgments
Foreword by His Holiness the Dalai Lama
From Tulku Sangak Rinpoche
Who Is Lama Tsomo?
Lama Tsomo's Background
Prologue: Why is the Dalai Lama Always Smiling?
Introduction
Why I Bothered
Why Tulku Sangak Rinpoche Bothered
Why the Buddha Bothered
What's Samsara, and How Did We Get Here, Anyway?
The Good News
Methods So We Can See for Ourselves
The Tibetan Nose Blow
Tranquil Abiding
Tonglen
Doing Daily Practice
In Closing: Some Words of Advice
Appendix A How to Find or Start a Group
Appendix B Glossary
Index
Lama Sangak Yeshe Tsomo: Curriculum Vitae