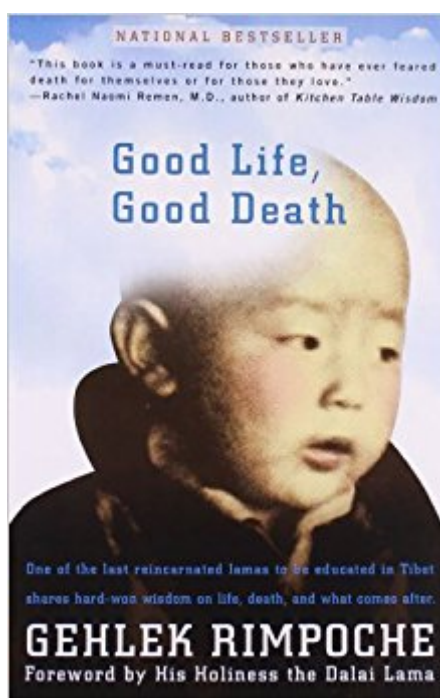


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# Good Life, Good Death: One Of The Last Reincarnated Lamas To Be Educated In Tibet Shares Hard-Won Wisdom On Life, Death, And What Comes After



## Synopsis

Who are we? Where did we come from? Where are we going? How do we get there? Many have asked these questions, and many have attempted to answer them. But there is another question Good Life, Good Death asks us to contemplate: how does the idea of life after death affect how we live our lives? Gelek Rinpoche tells stories of the mystical Tibet he lived in, as well as the contemporary America he is now a citizen of, and shares the wisdom of the great masters. He asks us to open our minds and see if we can entertain a bigger picture of life after life, even for a moment. He makes the connection between powerful emotions such as anger, obsession, jealousy and pride, and our past as well as our future.

## Book Information

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## Customer Reviews

“Gelek Rinpoche is | one of the most revered and accessible teachers of Buddhism in the West | His straight talk is infused with humor.” Los Angeles Times  
“Gelek Rinpoche constantly shows wisdom, gentleness, depth, rascality, humor, spaciousness, and the spiritual side to everyday life.” Ram Dass  
“Gelek’s book is lighthearted and down-to-earth.” Cleveland Plain Dealer  
“His teachings are helpful to all.” Denver Post  
“Insightful | Gelek is a felicitous writer, especially gifted with analogy. Readers will cheer about this fresh voice.” Publishers Weekly (starred review)  
“Gelek Rinpoche’s wisdom on life, death and reincarnation will focus your energies on the importance of coming to terms with your negative emotions. It will also help you travel well through life by practicing patience.” Spirituality

& Health

• Gelek Rinpoche's mix of astute psychological insight, extraordinary intellect, and great compassion plus his delightful wit make him a wonderful, wise spiritual friend and guide.

• Tara Bennett-Goleman, author of *Emotional Alchemy*, and Daniel Goleman, author of *Emotional Intelligence*

• Gelek Rinpoche is a heartfelt, tender teacher with a vast analytic mind.

• Allen Ginsberg

• Gelek Rinpoche is a great teacher.

• Robert A.F. Thurman, professor of Religion, Columbia University

• No clichés here. Just straight talk infused with humor, humility and a well-seasoned wisdom born of a broad classical training and worldly experience.

• His lineage is impeccable and true. His simple words speak to the jewel in our hearts.

• Richard Gere

• Gelek Rinpoche is one of the wisest, most cheerful people I know. He is a beautiful and gracious spirit who carries the great wisdom of Tibet. We are fortunate to have him teaching in the West.

• Jack Kornfield, bestselling author of *After the Ecstasy, the Laundry*

• Gelek Rinpoche's teaching is concise and soulful; here, tradition is saved only to strengthen the daily path of liberation. Answering Allen Ginsberg's query, Rinpoche once observed that poetry is compassion. We may learn from Rinpoche's writings that compassion is also poetry.

• Francesco Clemente

• Gelek Rinpoche is one of the great originals alive today

• luminous in his wisdom, compassionate in his unstinting care and support, and a very funny man to boot. He is the Buddha nature in a warm and whimsical package.

• Jean Houston, Ph.D.

• Probably the best available teacher of Tibetan Buddhism in the West. He combines a complete grasp of the teachings of this tradition with an openness and kindness that has endeared him to all those fortunate enough to have come to know him.

• Philip Glass

• Gelek Rinpoche is a brilliant scholar of Tibetan Buddhism. Educated in Tibet's largest monastery

• Drepung

• he fled to India in 1959, and in the decades since, has become one of the most important and insightful teachers of Tibetan Buddhism in the West.

• Melvyn C. Goldstein, John Reynolds Harkness Professor and Chair of Anthropology, and Director, Center for Research on Tibet, Case Western Reserve University

• Gelek Rinpoche was trained by the greatest teachers of the last generation of Buddhist masters in Tibet. He has brought their teachings to America, where he is passing on their wisdom to a new generation, with eloquence, wit, and insight.

• Donald Lopez, Carl W. Belser Professor of Buddhist and Tibetan Studies, University of Michigan

Rinpoche N. Gehlek was trained by the same teachers who taught the Dalai Lama, and was fully educated in Tibet. He is a favorite speaker at the Omega Institute, the Open Center, and countless spiritual centers around the world. His students cover the full range: Buddhists, Hollywood actors,

esteemed composers and musicians. Tenzin Gyatso, His Holiness the Fourteenth Dalai Lama, is the spiritual and temporal leader of the Tibetan people. His tireless efforts on behalf of human rights and world peace have brought him international recognition. He is the recipient of the Wallenberg Award (conferred by the U.S. Congressional Human Rights Foundation), the Albert Schweitzer Award, and the Nobel Peace Prize.

I had read this book a very long time ago and then gave the book away. I have had a recent interest in Tibetan buddhism and for some reason purchased this book again. It was a very wise choice. The book is very easy to read and very worthwhile. Nothing is confusing and the principles explained all make a lot of sense. I feel that if everyone read this book we would have a much better world. I highly recommend this book. I know I will reread it many times again.

This book would be useful to anyone, despite their level of experience with Buddhism. It is filled with such great wisdom, I know I'll read it many times.

After reading this book from the library, I felt I needed to have a copy on hand to read over and over. There are so many insights into why we are here in this lifetime and even explains the journey to death and rebirth. The language is simple and easy to comprehend. Very meditative to read. I felt it took away some of my fear of death. I recommend this book to those seeking more understanding of life and death.

I found this little book so inspiring and have recommended it to my friends. The writing is simple, humorous and insightful.

I got this as a second or third copy because I'd given away the previous ones. Excellent and clear presentation on preparing for death by living an ethical life in the present moment. After reading this, I got some other books by him.

This book is excellent! If you've ever had a loved one die, have thought about death yourself, wondered if the things you do in this lifetime will follow you to the next or just feel the need for comfort lately in this world of fast paced chaos, this book is a **MUST READ!** I promise you'll not only enjoy it and find it very difficult to put down once you begin reading it, but you'll also want everyone you care about to read it as well. This book is easy to read, easy to understand and very

well written! This one is staying with me forever!

great wisdom. I'm glad the African wisdom from kemet has survived in Tibet. Unfortunately, the racist Chinese will probably wipe it all out. I pray to the creator that they or western Christians, don't.

~ Easy read, but surprisingly powerful. An uncomplicated, honest, simple and direct exposition filled with essential insights. Gehlek Rinpoche is warm, pleasant, sincere and very effective conveying his ideas directly from his heart. He speaks to the regular person, clearly from his own experience, and provides great practical advice. ~

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