



# Travels with a Monkey Mind

*Graham Shepherd*

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## **Travels with a Monkey Mind** Graham Shepherd

Reflective and informed, Graham Shepherd is a student of Buddhism who demystifies it by showing us how the Buddhist life is actually lived - whether through his own life in Britain and his native Ireland, or by travelling through the heartland of Tibet and living among the Buddhist Diaspora in Nepal and North India. Born in the Irish Republic of an Anglo-Irish family, Graham's experiences allow us to share his contact with Westerners searching for enlightenment in Buddhism, and the Tibetans finding solace in it for their historic sufferings, understanding one another even as we make sense of the religion without a God. Whilst of obvious interest to followers of Eastern religions, *Travels with a Monkey Mind* offers many useful pointers to those tempted to join them; what to expect of Buddhism, what to expect in South Asia and what not to do in Tibet, still under Chinese rule.

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