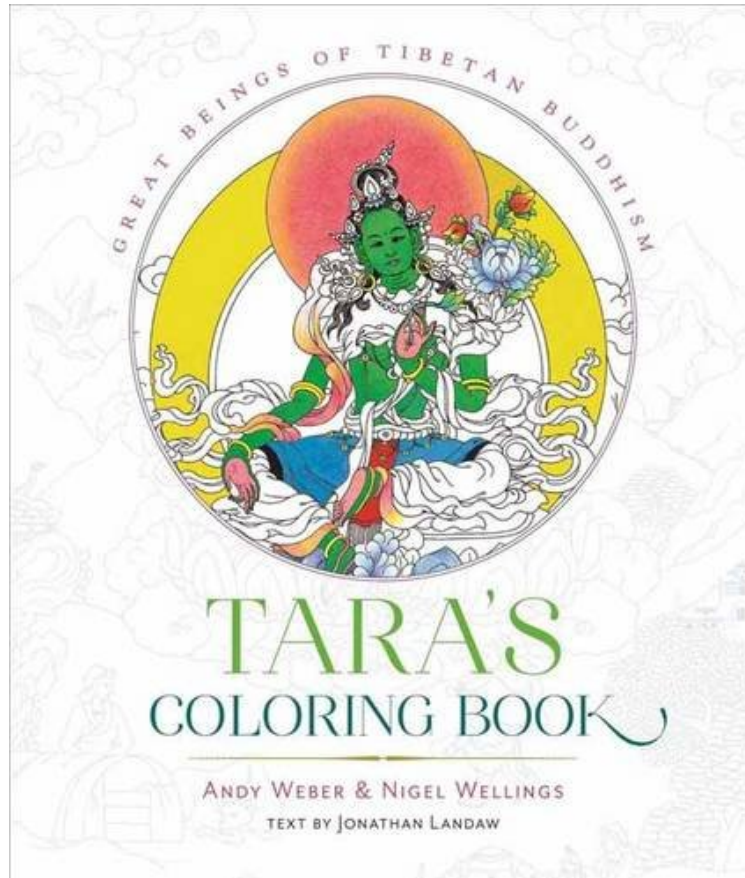


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## Tara's Coloring Book: Great Beings of Tibetan Buddhism

*Andy Weber, Nigel Wellings, Jonathan Landaw*  
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**Andy Weber, Nigel Wellings, Jonathan Landaw : Tara's Coloring Book: Great Beings of Tibetan Buddhism** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Tara's Coloring Book: Great Beings of Tibetan Buddhism:

The original Buddhist coloring book. Whether you color for relaxation, stress relief, or part of your devotional practice, enjoy exquisite line drawings of the most important figures in the Tibetan Buddhist pantheon—Shakyamuni Buddha, Chenrezig, Tara, Manjushri, and more—by contemporary masters of the ancient art of Tibetan Buddhist religious painting. Visualizing buddhas and teachers in specific detail is a traditional part of meditation. Therefore, the monks who created the beautiful, rich images that meditators would use in their practice would have to study for years to learn the precise techniques, geometry, and coloration required, handed down to them by old masters. Now, these images are available for you to color—whether for formal meditation or stress relief or just to appreciate their beauty.

About the Author Andy Weber spent seven years in India and Nepal studying the art of Tibetan Buddhism. His work has appeared throughout the world in numerous exhibitions and Buddhist publications. Nigel Wellings is a psychoanalytic psychotherapist who works within a contemplative perspective. A former director of training at the Centre for Transpersonal Psychology and a founding member of the Forum for Contemplative Studies, he is also the author, with Elizabeth McCormick, of *Nothing to Lose: Buddhism and Living Life*. Jonathan Landaw was born in New Jersey in 1944 and attended Dartmouth College. After teaching English with the Peace Corps in Iran (1966-69), he began studying Buddhism in India and Nepal, his main teachers being Lama Thubten Yeshe, Kyabje Zopa Rinpoche, and Geshe Ngawang Dhargyey. While studying in Dharamsala, India, he worked as English editor for the Translation Bureau of His Holiness the Dalai Lama. After moving back to the West in 1977, Jon continued his studies and practices while traveling extensively, giving courses and leading meditation retreats throughout much of North America, Europe, Australia and New Zealand. He is the editor and author of a number of Buddhist books, including *Wisdom Energy*, *Introduction to Tantra*, and *Buddhism for Dummies*. He lives with his wife and family in Santa Cruz, California.