



When the Chocolate Runs Out

By Lama Thubten Yeshe

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To know Lama Yeshe was to know he loved chocolate; it was his favorite metaphor to describe the nature of our attachments.

This funny and trenchant little volume answers the question of how we can be happy even after the "chocolate" has run out. By cutting the cords of attachment, we discover the indestructible happiness that has always been--and always will be--available to us.

Capturing the remarkable personality of Lama, who played an integral role in introducing Tibetan Buddhism to the world, *When the Chocolate Runs Out* will delight both readers who have known Lama Yeshe for decades and those who have never encountered this timelessly inspiring teacher.

At once lighthearted and profound, this delightful book of wisdom is a perfect companion to *How to Be Happy* by Lama Zopa Rinpoche.

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Editorial Review

Review

"The content and the style, the pithy right-to-the-point, no nonsense approach of Lama comes through so well and it is pure delight to read." (Merry Colony, Director of Education Services for Foundation for the Preservation of the Mahayana Tradition)

"Small and beautifully bound, here's a book to carry around, refer to often, and treasure." (Light of Consciousness Magazine)

"Lively and enlightening." (Spirituality and Practice)

About the Author

Lama Thubten Yeshe (1935-1984) was born in Tibet and educated at the great Sera Monastic University. He fled the Chinese oppression in 1959 and in the late 1960s, with his chief disciple, Lama Thubten Zopa Rinpoche, began teaching Buddhism to Westerners at their Kopan Monastery, Kathmandu, Nepal. In 1975 they founded the international Buddhist organization, the Foundation for the Preservation of the Mahayana Tradition (FPMT), which now has more than 160 centers, projects and services worldwide.

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