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## **Tibet: a recommended reading, movie and music list**

*Where is human nature so weak as in the bookstore?*

- Henry Ward Beecher

### Literature

*Tears of Blood: A Cry for Tibet*, Mary Craig

*Trespassers on the Roof of the World*, Peter Hopkirk

*The Great Game: The Struggle for Empire in Central Asia*, Peter Hopkirk

*House of the Turquoise Roof*, Dorje Yudon Yuthok

*Seven Years in Tibet*, Heinrich Harrer

*Return to Tibet*, Heinrich Harrer

*Tibet: The Secret Continent*, Michel Peissel

*Into Thin Air: A Personal Account of the Mount Everest Disaster*, Jon Krakauer

*Prisoners of Shangri-La: Tibetan Buddhism and the West*, Donald S. Lopez

*The Search for the Panchen Lama*, Isabel Hilton

*Tibet and India*, Francis Younghusband

*To the Forbidden Land: Discoveries and Adventures in Tibet Selected and Adapted from Sven Hedin's Trans-Himalaya*, Sven Hedin

*The Art of Happiness: A Handbook for Living*, His Holiness the XIV Dalai Lama

"Coffee table" books

*The Path to Buddha: A Tibetan Pilgrimage*, Steve McCurry (photos)

*The Tibetans: A Struggle to Survive*, Steve Lehman (primarily photos)

*Tibetan Pilgrimage: Architecture of the Sacred Land*, Michel Peissell (primarily watercolors by the author)

*The Lhasa Atlas: Traditional Tibetan Architecture and Landscape*, Knud Larsen (photos, drawings, maps and accompanying text)

*Tibet: Life, Myth, and Art*, Michael Willis (primarily photos)

Of additional interest

*Kim*, Rudyard Kipling (a fictionalized story of "The Great Game")

*Tuva Or Bust! Richard Feynman's Last Journey*, Ralph E. Leighton (the true story of the lure and rewards of Central Asia to curious people and incredibly funny at times)

Movies

*Tibet: Cry of the Snow Lion*

*Himalaya: The Rearing of a Chief*

*Kundun*

*Lost Treasures of Tibet*

*Tibet: Windham Hill*

*Vajra Sky Over Tibet: Journey Into Buddhism*

*Everest: IMAX*

*The Saltmen of Tibet*  
*Robert Thurman on Tibet*  
*Tibetan Refugee*  
*Yogis of Tibet: A Film for Posterity*  
*Baraka* (includes Tibetan monks in their devotions)

Of additional interest in DVDs

*Frontline: The Tank Man* (a documentary on Chinese reaction to the events of Tiananmen Square in 1989, a corollary to events in Lhasa, 1989)  
*Mongol* (about Genghis Khan; spectacular scenery of Central Asia)  
*Travellers and Magicians* (filmed in Bhutan)

Music

*Himalaya, The Rearing of a Chief*, an incredibly beautiful soundtrack