



A Journey in Ladakh: Encounters with Buddhism

Andrew Harvey

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Now considered a classic among readers interested in Tibetan Buddhism and pilgrimages of the spirit of all kinds, A Journey in Ladakh is Andrew Harvey's spiritual travelogue of his arduous journey to one of the most remote parts of the world--the highest, least populated region in India, cut off by snow for six months each year. Buddhists have meditated in the mountains of Ladakh since three centuries before Christ, and it is there that the purest form of Tibetan Buddhism is still practiced today.

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