



# Turning Confusion into Clarity: A Guide to the Foundation Practices of Tibetan Buddhism

*Yongey Mingyur, Helen Tworok*

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By offering detailed instruction and friendly, inspiring advice for those embarking on the Tibetan Buddhist foundation practices, Yongey Mingyur Rinpoche provides gentle yet thorough commentary, companionship, and inspiration for committing to the Vajrayana path.

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