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April 15, 2008

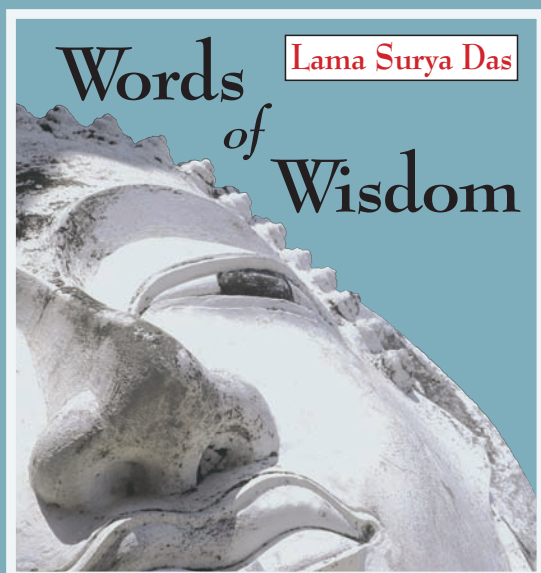


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## Lama Surya Das, *Words of Wisdom* New Book Release — June 1, 2008

“You are more Buddha-full than you think.” —from *Words of Wisdom*



Renowned spiritual guide, meditation master, and author of the bestselling classic *Awakening the Buddha Within*, Lama Surya Das expresses his depth of understanding and highly nuanced humor in this witty and inspired collection of original sayings. A completely modern version of an ancient technique for contemplation and mind training, these attitude-transforming slogans can be used as affirmations for guidance and inspiration.

The rich tapestry of insight gems and belly laughs in *Words of Wisdom* will leave you scratching your head, searching your soul, and asking for more.



*Lama Surya Das' books are a blessing on my bookshelf and a blessing on my heart.*  
— MARIANNE WILLIAMSON, author of *A Return to Love*

*A resource of great wisdom, wonderful for the soul.*  
— CAROLINE MYSS, author of *Invisible Acts of Power: Personal Choices that Create Miracles*

*Using humor and wise practical ways Lama Surya Das invites our hearts to awaken to the highest wisdom.*  
— JACK KORNFELD, author of *After the Ecstasy the Laundry*

*Lama Surya Das communicates the wisdom of Buddhism to the people of our time.*  
— THICH NHAT HANH, author of *Peace Is Every Step*

*Anybody interested in Buddhism or spirituality in general has much to learn here. Lama Surya Das is wise, intelligent, clear, humorous, and an excellent teacher*  
— RAM DASS, author of *Be Here Now*

*He is the Western Lama.* —THE DALAI LAMA OF TIBET



*Words of Wisdom*, by Lama Surya Das  
Trade Paperback Original • 5 x 5-1/2 • 146 pages • \$9.95 • ISBN 9780977333875 • June 1, 2008  
Published by Koa Books, Maui, Hawai'i • [www.koabooks.com](http://www.koabooks.com) • [www.dzogchen.org](http://www.dzogchen.org)  
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## *About the Author*



Lama Surya Das is one of the foremost Western Buddhist meditation teachers and scholars, one of the main interpreters of Tibetan Buddhism in the West, and a leading spokesperson for the emerging American Buddhism. The Dalai Lama calls him the Western Lama.

Surya Das has spent forty years studying Zen, vipassana, yoga, and Tibetan Buddhism with the great masters of Asia, including the Dalai Lama's own teachers, and has twice completed the traditional three-year meditation cloistered retreat at his teacher's Tibetan monastery. He is an authorized lama (priest and spiritual teacher) in the Nyingmapa School of Tibetan Buddhism. He is the founder of the Dzogchen Center in Cambridge, Massachusetts, and its branch centers in New York City, New Jersey, California, Portland, and Texas. Founder, with the Dalai Lama, of the Western Buddhist Teachers

etwork, he is also active in interfaith dialogue and social activism and regularly organizes international Buddhist Teachers Conferences.

A sought after speaker, Lama Surya Das teaches, lectures, and conducts retreats around the world. He is a published poet, translator, and chanting master, and author of *Awakening the Buddha Within*, *Awakening the Buddhist Heart*, *Awakening to the Sacred*, *Letting Go of the Person You Used to Be*, *Natural Radiance*, *Buddha Is as Buddha Does*, *The Snow Lion's Turquoise Mane*, and *The Big Questions*.

Surya Das is a Contributing Editor to *Body and Soul* magazine, writes regularly for *Tricycle* and other publications, and is a founder and board member of many Buddhist monasteries, centers, and charitable projects in refugee camps in Asia. He writes a regular "Ask The Lama" on *Beliefnet.com*. His website is [www.surya.org](http://www.surya.org).



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