



In the Shadow of the Buddha: One Man's Journey of Discovery in Tibet

Matteo Pistono

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"Part spy thriller, part Dharma travelogue, part spiritual autobiography . . . 100 percent page-turner."

-Daniel Goleman, author of *Emotional Intelligence*

For nearly a decade, Matteo Pistono evaded Chinese security and smuggled out photos of prisons, secret documents, and firsthand interviews of torture victims and other atrocities committed by the Chinese government. Yet Pistono had not initially gone to Tibet to fight for human rights-but as a Buddhist pilgrim.

After Pistono became the student of a venerated meditation master in Tibet, he began couriering messages to him from the Dalai Lama in India. This began an extraordinary adventure. *In the Shadow of the Buddha* is both a vivid account of how Tibet's rich spiritual past is slipping away under repression, and the story of one man who merged political activism with Buddhist mysticism in pursuit of freedom and peace.

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