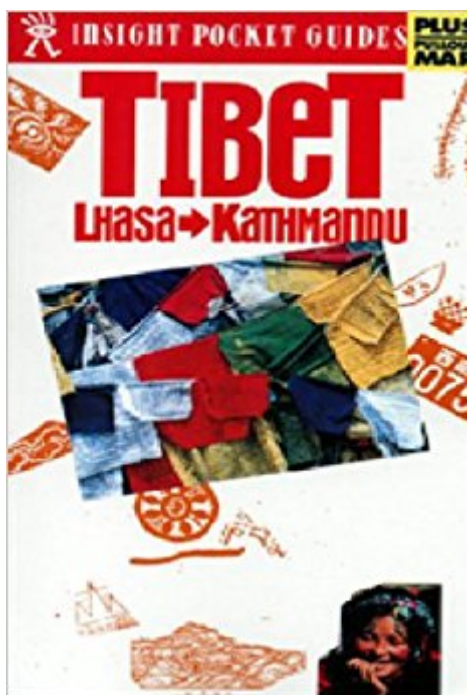


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Book by Insight Guides, Van Beek, Steve

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I WENT TO TIBET, AND THIS GUIDEBOOK HELPED ME. IF YOU DECIDE TO TAKE THE PLUNGE AND GO TO THE AMAZING, MYSTICAL, WONDROUS BEAUTIFUL LAND OF TIBET, take my advice. Read the book before you go, and highlight and post-it-note the parts that interest you. Reading the book at 12,000 to 16,000 feet above sea level can be slow going, because your brain is slightly deprived of oxygen. Tibet was a life long dream, and I will return. Love the mountains, love Mount Everest, love the people, love the snow in July. The history! The Potala Palace, imagine a building 1,200 feet long and 400 feet high built BY HAND, no machinery, hundreds of years ago 12,000 feet above sea level! One of the man made wonders of the World. The Dalai Lama lived there as a boy, he ran Tibet when he was 16 years old, but the Chinese had invaded and were slowly extinguishing the freedom of his country. Tragic, The Chinese murdered 1 million Tibetans. Yet the Dalai Lama survives, and Tibet survives, even under the thumb of China today.

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