

Snowboarding To Nirvana By Frederick Lenz

By Frederick Lenz

Snowboarding to Nirvana (ISBN 0-312-15293-0, ISBN 0-312-18179-5) was written by Rama, Dr. Frederick Lenz and published in 1997 and 1998. The book is the sequel to <http://www.freebase.com/m/0fjq98>

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Frederick Lenz. New York: St. Martin s Press, 1997, 225 pages. When this book was released, I had no idea that Frederick Lenz had contracted with St. Martin s

<http://www.icsahome.com/articles/book-review-snowboarding-to-nirvana-csj-16-2-1999>

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<http://ramalila.com/WhoIsRama/>

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Diving to Conscience Bay. Pays tribute to Frederick Lenz III, known as the New Age guru Zen Master Rama,

<https://www.psychologytoday.com/articles/199811/diving-conscience-bay>

Once again Frederick Lenz (author of the bestselling Surfing the Himalayas) uses snowboarding as the metaphor for maneuvering through the ice and powder of life. Our

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Dr. Frederick Lenz, known as "Rama" to his students and the general public, (1980); Surfing the Himalayas (1995) and Snowboarding to Nirvana (1997).

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Marcus Braybrooke "With humor and a lively style of writing, Frederick Lenz conveys the spiritual enlightenment to be found in tantric Buddhism and helps a Western

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