

# CONTENTS

Preface to the 2008 Edition	— vii
Acknowledgments	— viii
The Inspiration	— 1
Darjeeling	— 13
Of Demons and Mystics	— 27
Kathmandu	— 44
The Lands Between	— 60
The Road North	— 70
Snow for My Bed and Rock for My Pillow	— 88
Confrontation with Tibet	— 108
Across Western Tibet	— 120
The Treasures of Tsang	— 141
The Doctor of Sera	— 156
Notoriety and Discovery	— 177
Escape	— 195
Back to Nepal	— 210
Interlude in Japan	— 225
The Quiet Years	— 237
Sentimental Journey	— 250
The Twilight Years	— 267
Appendix: Three Years in Tibet	— 273
Selected Bibliography	— 284
Index	— 287