

Contents

Introduction	1
Acknowledgments	3
1. How to Be Free	5
2. Following the Path of Wisdom	17
3. Our Choices Matter	27
4. Ultimate and Conventional Reality	39
5. Reliable Sources	48
6. Ultimate Reality Exists Conventionally	56
7. Intrinsic Nature	67
8. The Two Types of Madhyamaka	76
9. Who Am I, Really?	86
10. From Analysis to Insight	101
Appendix: The Quintessential Points Chapter by Chapter	114
Glossary of Terms and Names	123
Suggested Reading	133
Notes	135