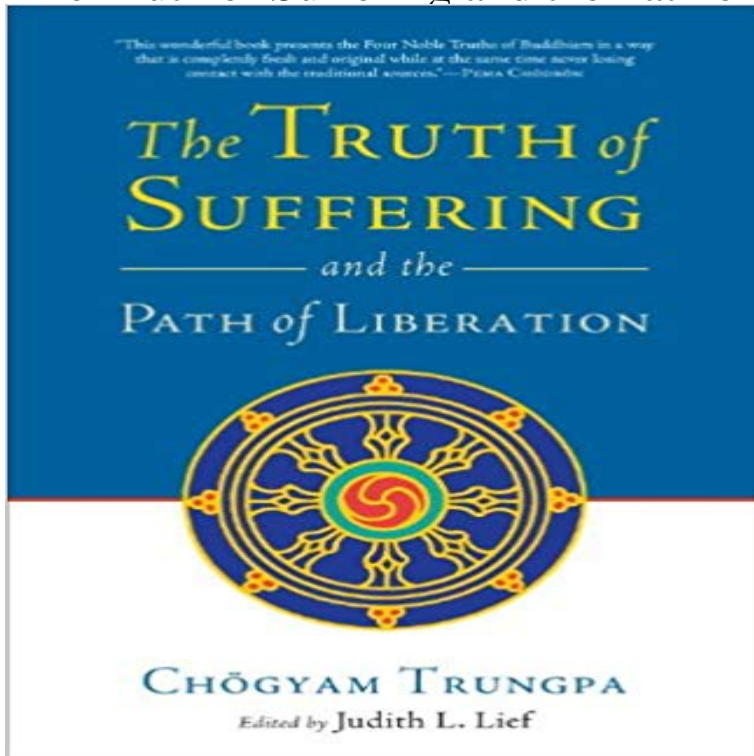


# The Truth of Suffering and the Path of Liberation



Chogyam Trungpa's in-depth exploration of the Four Noble Truths, the foundational Buddhist teaching about the origin of suffering and its cessation, emphasizes their profound relevance not just as an inspiration when we set out on the path, but at every other moment of our lives as well, showing how we can join view (intellectual understanding) of the teaching with practical application in order to interrupt suffering before it arises.

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