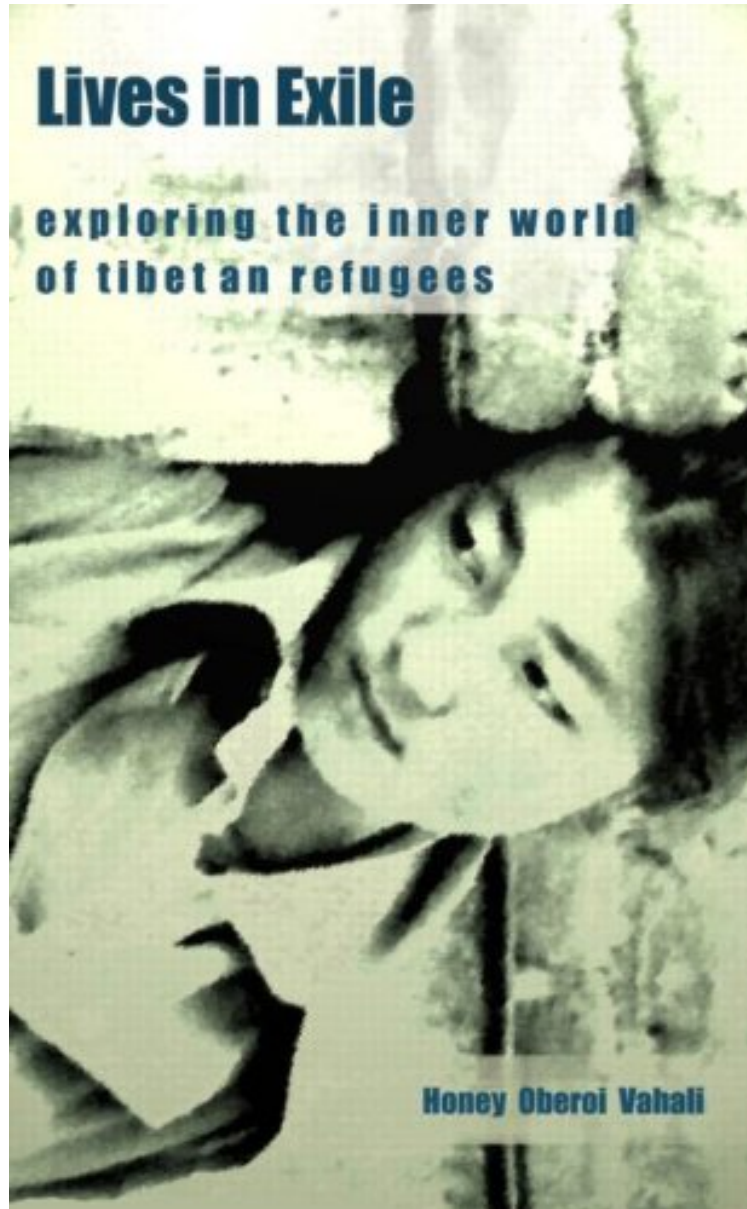


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Lives in Exile: Exploring the Inner World of Tibetan Refugees

Honey Oberoi Vahali

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Honey Oberoi Vahali : Lives in Exile: Exploring the Inner World of Tibetan Refugees before purchasing it in order to gage whether or not it would be worth my time, and all praised Lives in Exile: Exploring the Inner World of

Tibetan Refugees:

This book recounts the life stories - stories of loss and hope, of anxieties and aspirations - of generations of exiled Tibetans living in India since the late 1950s after the Chinese takeover of Tibet. Located in the realm of psycho-historical analysis, this work has a dual focus in interpreting and analyzing these life stories. First, a consistent effort is made to unravel the psychologically devastating consequences following refugeehood and torture. A simultaneous focus searches for symbols of human resilience - the opening up of creative possibilities and a return to renewed meanings in the lives of these exiles. Two central symbols of continuity among this community which are discussed are the Dalai Lama and the philosophy of Buddhism. This is a unique book that looks at issues of contemporary interest and relevance to the Tibetan community today, providing a different view of their place in the wider political sphere. *Lives in Exile - Exploring the World of Tibetan Refugees* will be of interest to scholars in the fields of psychology, history, and refugee studies and to the general reader.

"This study offers important insights into the lives of a multi-generational crosssection of exiled Tibetans in India. The unique perspective authentically encapsulates the lived realities of a displaced community. It provides humanistic insight and empathetically paints the various hues that mark the identity of Tibetan refugees. It should be of particular interest to psychologists working amongst groups facing similar afflictions, as well as to an audience wishing to further their understanding of the tribulations of exiled Tibetans." - Rinchen H.C. Choegyal, SOAS, University of London; South Asia Research, 2010. About the Author University of New Delhi, India