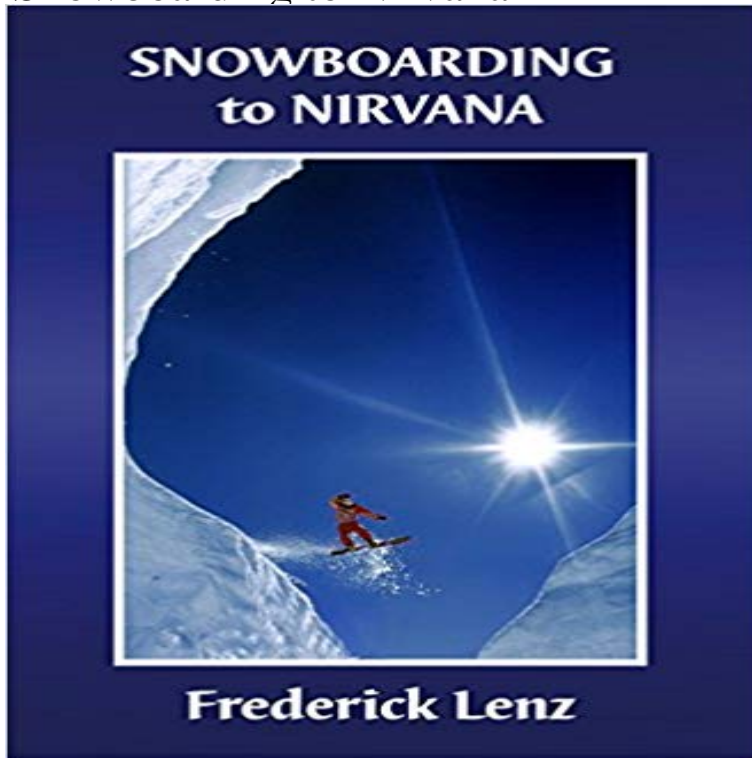


Snowboarding to Nirvana



The continuation of the national phenomenon, *Surfing the Himalayas*, takes the crack American snowboarder down the mountain again, this time around with greater spiritual enlightenment he gains through experience (the greatest teacher of all). As our snowboarder continues his lessons of enlightenment with Master Fwap, he also encounters earthly love in the form of a beautiful and wise Danish woman. A paradox ensues and a mystery is set forth, the secret of the missing dimension. The secret must be understood and solved before our snowboarder can comprehend the next levels of Buddhist lessons. Along the way, a wise, mysterious oracle of Nepal introduces our hero to Tibetan tantric texts that become crucial in solving this riddle. Snowboarding once again becomes the metaphor for maneuvering ones self through the trials and tribulations of real life. By learning to concentrate, meditate, and understand, the sport of life can be easily mastered. About the author: Besides being a world-class snowboarder and black belt in martial arts, Frederick Lenz was an author, teacher of meditation and spirituality, music producer and active participant in several advanced technology companies. A Phi Beta Kappa and magna cum laude graduate of the University of Connecticut, he received a Ph.D. in English literature from the State University of Stony Brook. He lived in California and New York.

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