



My Himalaya

40 Years Among Buddhists

Olivier Föllmi

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Binding	Hardback
Territory	World excluding Germany, Austria, Switzerland, Belgium, Netherlands
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Pages	304 Pages
Illustrations	175 color, 24 b&w
Price	£65.00

- Olivier Föllmi's most powerful and emotional photographs from 40 years of Himalayan travels
- A visually stunning tribute to the Himalayan mountains and people from one of the most sensitive observers of Tibetan culture
- Föllmi has several best-selling books to his name, as well as numerous international prizes for his photography and his humanitarian work

"Undulating from intimate portraits to sweeping panoramas, Olivier Föllmi's images are unified by their power to pay tribute to the grandeur, diversity and culture of the Himalayas." — **Food & Travel**

The work of Olivier Föllmi exudes authenticity and spirituality. For more than 40 years, the prize-winning photographer has documented the landscape and peoples of the Himalayas, a region he first got to know on a hiking trip in the 1980s. Captivated by Tibetan culture, people, and their harmonious coexistence with nature, Föllmi returned to the mountain region on numerous occasions — at times as a mountain guide, at others to live and learn from spiritual leaders in a Buddhist temple. The Himalayas became his destiny, and he became one of the most sensitive and insightful observers of life in Tibet.

This rich photo book of the Himalayas is at once a remarkable retrospective and an homage to the Tibetan culture and spirituality which has so defined and characterised Föllmi's life and work. Page after page reveals photographs of extraordinary emotion, colour, tradition, and beauty, alongside inspiring anecdotes and stories from the photographer. My Himalaya is an enriching and enlightening book for anyone looking toward a more mindful way of life, as well as for all those interested in photography, trekking, landscape, and Buddhism.

With his roots in France, Switzerland, and Italy, photographer **Olivier Föllmi** spent more than 20 years travelling and photographing the most remote areas of the Himalayas, before he then spent the next 20 years travelling every continent on Earth. He has published 36 books, which have been translated into nine languages, sold 1.5 million copies, and have inspired numerous films. Föllmi is the recipient of numerous awards and prizes, including the World Press Photo Award, and has exhibited his work in galleries around the world.