

The book was found

The Pocket Pema Chödrön (Shambhala Pocket Library)



Synopsis

A collection of short inspirational readings by "one of the world's wisest women"--O, the Oprah Magazine. Pema Chödrön, beloved Buddhist nun and best-selling author, offers this treasury of 108 short selections from her more than four decades of study and writings. Here she presents teachings on breaking free of destructive patterns; developing patience, kindness, and joy amid our everyday struggles; becoming fearless; and unlocking our natural warmth, intelligence, and goodness. Designed for on-the-go inspiration, this is a perfect guide to Buddhist principles and the foundations of meditation and mindfulness. This book is part of the Shambhala Pocket Library series. The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

Book Information

Series: Shambhala Pocket Library

Paperback: 144 pages

Publisher: Shambhala; Reissue edition (August 1, 2017)

Language: English

ISBN-10: 1611804426

ISBN-13: 978-1611804423

Product Dimensions: 4.3 x 0.4 x 6.8 inches

Shipping Weight: 2.9 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #98,256 in Books (See Top 100 in Books) #112 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #761 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #3294 in Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

PEMA CHÖDRÖN is an American Buddhist nun in the lineage of Chögyam Trungpa, the renowned Tibetan meditation master. She is resident teacher at Gampo Abbey, Cape Breton, Nova Scotia, the first Tibetan monastery in North America established for Westerners. She is the author of several books including the best-selling *When Things Fall Apart* and *The Places That Scare*

You.

[Download to continue reading...](#)

The Pocket Pema Chödrön (Shambhala Pocket Library) Pema Chödrön's Compassion Cards: Teachings for Awakening the Heart in Everyday Life Bailes de salon, unidades didacticas para secundaria III / Ballroom Dancing, Educational Units for Secondary III: Pasodoble, Vals, Rumba. Fox Trot, Cha-cha-cha. Tango, Rock and Roll (Spanish Edition) Sebi and the Land of Cha Cha Cha The Pocket Pema Chodron (Shambhala Pocket Classics) Hagakure (Shambhala Pocket Classic): The Book of the Samurai (Shambhala Pocket Classics) Let's Dance: Learn to Swing, Foxtrot, Rumba, Tango, Line Dance, Lambada, Cha-Cha, Waltz, Two-Step, Jitterbug and Salsa With Style, Elegance and Ease Hugo Chávez: mi primera vida: Conversaciones con Hugo Chávez (Spanish Edition) Chávez, Venezuela and the New Latin America: An interview with Hugo Chávez Shambhala: The Sacred Path of the Warrior (Shambhala Classics) The Pocket Thomas Merton (Shambhala Pocket Library) The Pocket Dalai Lama (Shambhala Pocket Library) The Pocket Rumi (Shambhala Pocket Library) Vår drömmar (Swedish Edition) Walking in Provence - West: Drôme Provençale, Vaucluse, Var (Cicerone Guides) The Art of War (Pocket Edition) (Shambhala Pocket Classics) The Pocket Rumi (Shambhala Pocket Classics) The Pocket Dalai Lama (Shambhala Pocket Classics) The Pocket Thich Nhat Hanh (Shambhala Pocket Classics) The Pema Chodron Audio Collection: Pure Meditation: Good Medicine: From Fear to Fearlessness

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)