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The Pocket Pema Chodron



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Prsentation de l'diteurA collection of short inspirational readings by "one of the world's wisest women"--O, the Oprah Magazine.Pema Chdrn, 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. Presentation de l'auteur A collection of short inspirational readings by "one of the world's wisest women"--O, the Oprah Magazine. Pema Chodron, 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. Biographie de l'auteur Pema Chodron is an American Buddhist nun in the lineage of Chogyam Trungpa. She is resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan monastery in North America established for Westerners. She is the author of many books and audiobooks, including the best-selling *When Things Fall Apart* and *Don't Bite the Hook*.