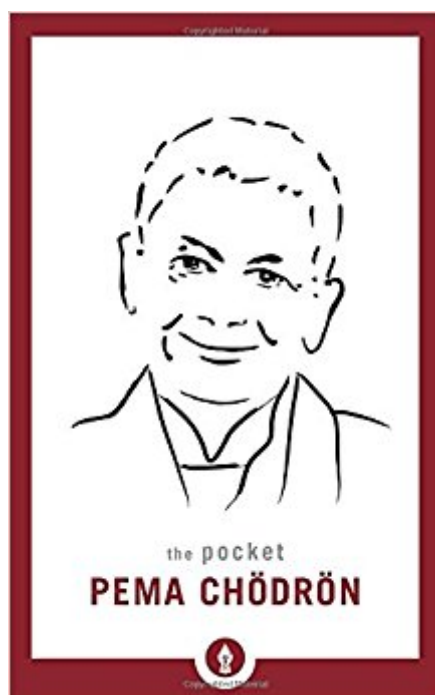


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The Pocket Pema Chödrön (Shambhala Pocket Library)



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)

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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*

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