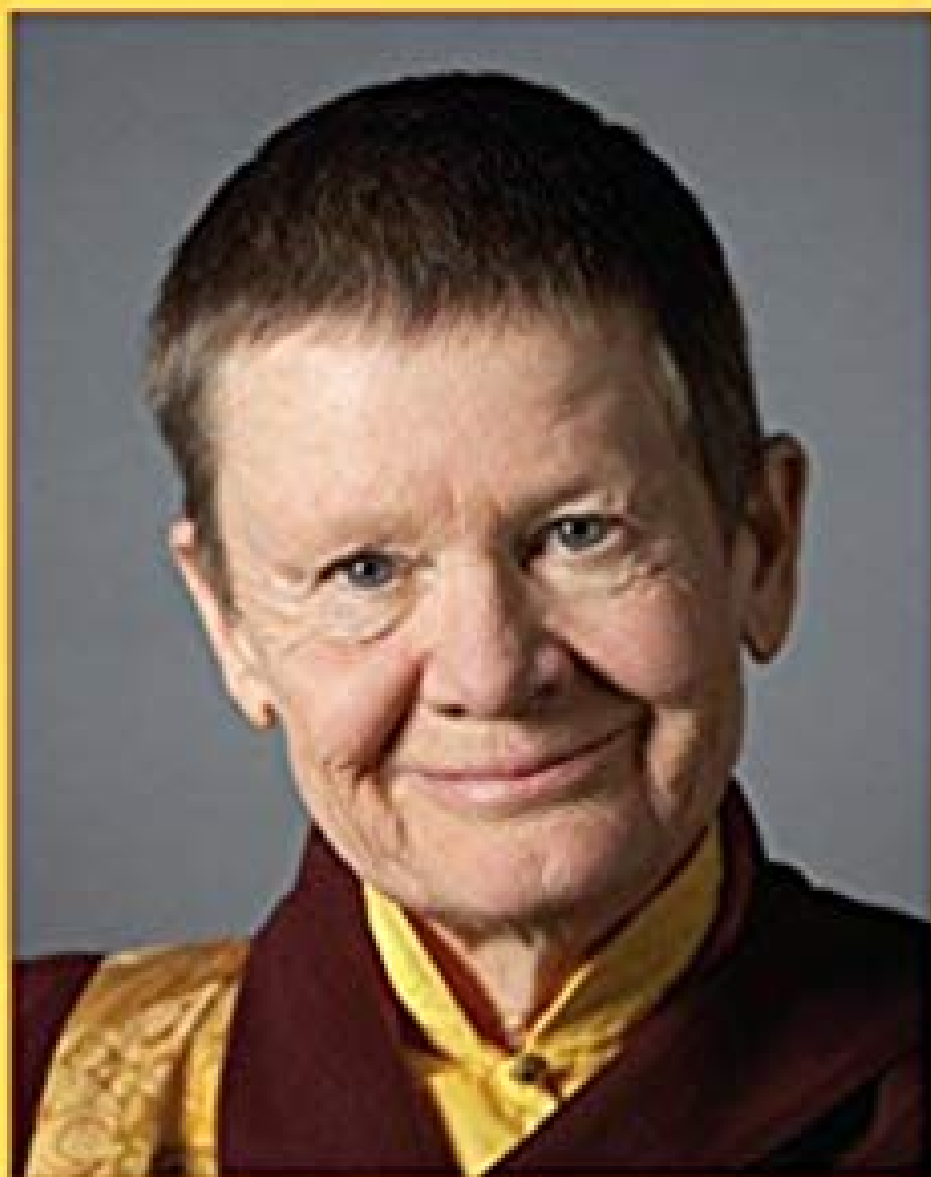


SHAMBHALA POCKET CLASSICS

# THE POCKET PEMA CHÖDRÖN



*Pema Chodron*

**The Pocket Pema Chodron (Shambhala Pocket Classics)**



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This is a treasury of 108 short selections from the best-selling books of Pema Chödrö breaking free of destructive patterns •n, the beloved Buddhist nun.getting fearless • Created for on-the-go inspiration, this collection offers teachings on: developing patience, kindness, and delight amid our daily struggles

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An essential tool throughout a nerve-racking workday! Uplifting and thoughtful, this reserve will deliver great vibes each and every time you open up it. Love Very interesting book. I might read it five moments or I may read it 500 times. Pema is my all period favorite spiritual instructor and here she actually is in compact form! Reading this book is like stepping outside for a breath of fresh air. It's small and concise yet infinitely powerful! Perfectly Pema It's everything wonderful you've go through by Pemi but squeezed right into a tiny travel size to transport in your ladies handbag or store in a nightstand drawer. She's the best Pema is a gem and I actually carry this in my purse for perusing wherever and whenever I've wait time and want the very best mind traffic running through me. Excellent book! Kindness and compassion in vocabulary anyone can relate with. Give this reserve a read. Perfect She is a genius. It's worth a examine, and a re-read. (That is a HUGE compliment to me. I can't claim much in the form of wisdom, but I openly share what I've discovered from AA. I browse this on breaks, or when I can sneak in some truth. Love her Five Stars Pema Chodron is an extremely powerful writer. Goes to what I've often thought; times transformation, receptiveness matures. Nevertheless I arrived at that belief, I'm grateful. Like seated mediation, I go through it when I have to return to a location of calm. Pema Chodron is simply my favorite spiritual article writer and I'm glad to really have the Pocket Pema to transport with me while traveling. She has helped me tremendously following the loss of life of my beloved husband and she's helped increase my compassion towards all living things. Totes adorbs. Apparently I didn't really grasp the concept of "pocket".? Feel crappy? This reserve can help pull you from it." Said another method, that might have a book's worth of observation and explication. some of the students are not ready; "There is no cure for the facts of life" Part outline, part entree, component reminder of all that we have read earlier from Pema, the notes we would took in her course (were we enlightened more than enough to do so). Essential read. Yet this diminutive, pithy collection is similar to a protracted slogan, or the stone pocketed on the shore during your yesterday evening at retreat, a practical yet effective reminder of something good and sane which will help guide you through times -- such as these -- when goodness and sanity are up against some pretty historic thinking and habits. It is the nature of what to transformation, Pema tells us, "and you also don't have to panic about it. This book is amazing for when you just feel like crap and you also think you should have it ALL together right now and what's your problem etc The firs 11 pages genuinely have power to comfort when you're in a few crappy place and want at fault yourself. The reader should come to the collection aware that this is a sampling, a distillation. I take advantage of it every day. Great perspectives! no matter the spiritual beliefs one may have, like and compassion are a major component. Pema wouldn't tell you firmly to "abandon hope," if it were not good for you, so be ready to find out more about that, if it appears at odds with your expectations.! Keep it close This is always in my purse. At any time I can reach for it, open any page, and discover inspiration, clarity and joy. Value a visit or even more Pena Chodron's composing is simple and clear. Which pocket anthology has wisdom suited for a number of topics. A friend recommended Pema Chodron's writings to me because she says that some of the things I state sounded like her. This is the most amazing book of little nuggets of wisdom I've ever read. I keep this gem in my pocket instead of my iPhone almost all workday long. How can you say no to greatness? Otherwise a very cute little book filled with wisdom.? Part of my daily use. Reading Pema makes me wonder if Costs and Bob might possibly not have got a Buddhist pal. Pema is indeed open and actual. The compassion is definitely a flowing, moving delight! Start here, and use the references to read further.! I also maintain one in my own pocket(publication) for quick reference at any time. As a Shambhalyan I acknowledge and value Pema's clear and loving display of the concepts and precepts our current tradition holder, Sakyong Mipham Rinpoche, and our original instructor, Chogyam Trungpa Rinpoche bestowed upon us. Well written and filled with great information ... Excellent book! Well crafted and filled with great information that's useful. Daily reminder Wonderful tidbits from most of her writings. A few of the teachings are complex;... open at random and then chew on that believed all day.! I focus on one chapter a day and each time I'm feeling anxious and stressed I browse it

and instantly feel calm and centered. There's definitely some typically common floor there. The more prolonged teachings -- on pleasure, fear, uncertainty, on identifying the hook of habitual behaviors and choosing otherwise, on searching for rather than avoiding the life where you are "continually trashed of the nest," on the difference between repressing and refraining -- remain important, and references to those resources are provided in the back of this little pocket book.



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