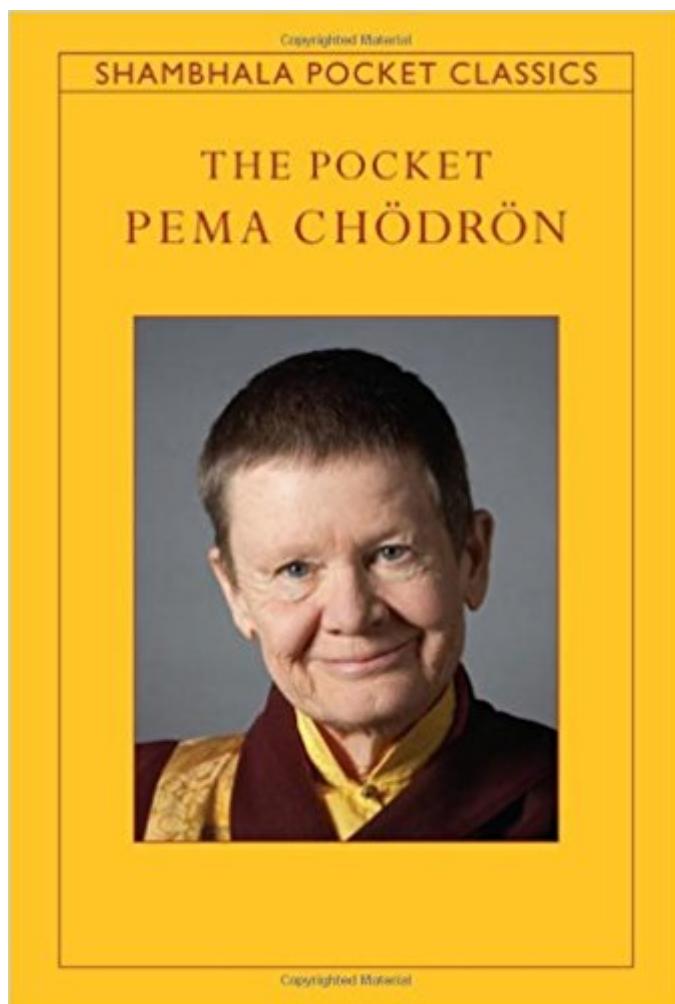


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The Pocket Pema Chodron (Shambhala Pocket Classics)



Synopsis

Here is a treasury of 108 short selections from the best-selling books of Pema Chādrān, the beloved Buddhist nun. Designed for on-the-go inspiration, this collection offers teachings on:

- becoming fearless • breaking free of destructive patterns
- developing patience, kindness, and joy amid our everyday struggles
- unlocking our natural warmth, intelligence, and goodness

Book Information

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Customer Reviews

Pema Chādrān is an American Buddhist nun in the lineage of Chāgyam 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*.

Pema is a gem and I carry this in my purse for perusing wherever and whenever I have wait time and want the very best mind traffic running through me. As a Shambhalyan I recognize and value Pema's clear and loving presentation of the principles and precepts that our current tradition holder, Sakyong Mipham Rinpoche, and our original teacher, Chogyam Trungpa Rinpoche bestowed upon us.

So Fabulous! I'm giving these out as stocking stuffers. Love to bring Pema with me when I travel - the book is tiny and the reflective questions are a great way to use alone time on planes, trains - or even a park bench. You go Pema! I'm a big fan!

Just open this little book to a page, any page, and you'll find thoughtful and compassionate words to help you find your way on your journey through the complexities of life, loss, joy, and suffering. Pema never places herself above or beyond us. She is with us on the sometimes mystifying journey that we all make as we live our lives, one day at a time. I keep this book by my side, knowing gentle guidance is always available.

Someone bought this book for me as a gift and I love it so I bought it for someone else. When I am feeling upset, or lost in life, I read just a few pages of this tiny book and it helps keep me grounded, reminds my usually impatient self to be calm and kind. I recommend this book for any busy body who is feeling overwhelmed by life, lost, or just wants to feel good

This pocket book has proven to be perfect for taking a quick break during the hectic day. I'm a business professional who has a lot of responsibility at my job, and I've found that this book helps me to quiet my mind for a small amount of time during the workday. The content in this mini book is designed into small one or two page segments, thus making it easy to just spend 5 minutes or less reading one. And the wisdom Pema Chodron gives is calming and reflective.

Great book to keep handy for inspiration at a moment's notice!

One of the most inspirational little books I've ever owned. I've given it as gifts and people wear out the pages from using it every day!

Pema Chödrön is brilliant, witty and spiritualized.

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