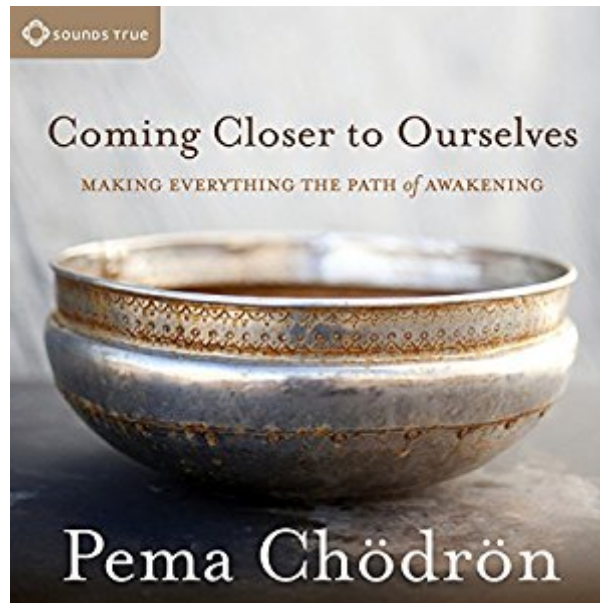




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# Coming Closer To Ourselves: Making Everything The Path Of Awakening



## Synopsis

How to Befriend Your Most Challenging Emotions and Experiences In challenging times, why do so many of us turn to Pema Chodron for guidance? Many say that it's her honest and caring way of communicating the core teachings of Buddhism - not just conceptually, but directly from her heart to ours. In these inspiring sessions, she teaches us how to give that compassion to the person we neglect most often - ourselves. With her, you will explore: What to do when it feels impossible to be kind to ourselves. In challenging relationships and situations, how to let go of our story and see what's really happening. Cultivating inner comfort and greater kindness toward our bodies. Leaning into frustration, sadness, and fear with a spirit of trust and intimacy. Many other insights and recommendations to befriend the difficult places within us. Through gentle and clear guidance, *Coming Closer to Ourselves* shows us how, even in the tumult of life's uncertainties, we can begin with a glimmer of curiosity, move closer into our experiences, and discover a place of welcome and refuge within.

## Book Information

Audible Audio Edition

Listening Length: 5 hours and 14 minutes

Program Type: Audiobook

Version: Original recording

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## Customer Reviews

I have quite a few of Pema Chodron's books and audio teachings and the only complaint I have is that the audio quality of this is not quite as clear or crisp as I would like for ease of listening. It is a tad poorer sound quality than on other recordings.

There is a good amount of materials covered in this seminar and the pacing is good. It was recorded live and there are background noises - even an emergency vehicle at one point but overall this is

recording which can be listened to repeatedly.

one of my favorite Pema Chodron teachings

Anything Pema is good.

This is so fantastic! I'm learning so much from this CD set in my mindfulness practice. Pema is not only incredibly knowledgeable and a wonderful educator but she also has a great sense of humor! I've since purchased a second copy for a friend who is on the same path in learning how to become more mindful, more present - she, too, is loving it.

Speaking in plain,yet eloquent language, Pema helps give me hope for all us here in the US !! We are a hard headed, independant lot...

I have listen to this book on a CD numerous times. These days I reach for a CD in any order and listen to the topic at hand. I like that Pema's voice is speaking to me and about me, about my emotional and spiritual struggles. It reminds me that I am not broken and I do not need to be fixed. It tells me I need to accept I am an emotional human being, imperfect, but good just the way I am...Listening to Pema always puts me in the right frame of mind. Very good listening especially in a rush hour traffic.veronika

Changed how I view life, Pema Chodron's best lecture yet.

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