



The Pocket Pema Chodron (Shambhala Pocket Classics)

By Pema Chodron

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Here is a treasury of 108 short selections from the best-selling books of Pema Chödrön, 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

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Editorial Review

About the Author

Pema Chödrön is an American Buddhist nun in the lineage of Chögyam 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*.

Users Review

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This The Pocket Pema Chodron (Shambhala Pocket Classics) book is not ordinary book, you have it then the world is in your hands. The benefit you obtain by reading this book is information inside this publication incredible fresh, you will get details which is getting deeper you read a lot of information you will get. That The Pocket Pema Chodron (Shambhala Pocket Classics) without we realize teach the one who reading through it become critical in imagining and analyzing. Don't become worry The Pocket Pema Chodron (Shambhala Pocket Classics) can bring if you are and not make your handbag space or bookshelves' grow to be full because you can have it in your lovely laptop even phone. This The Pocket Pema Chodron (Shambhala Pocket Classics) having excellent arrangement in word as well as layout, so you will not truly feel uninterested in reading.

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