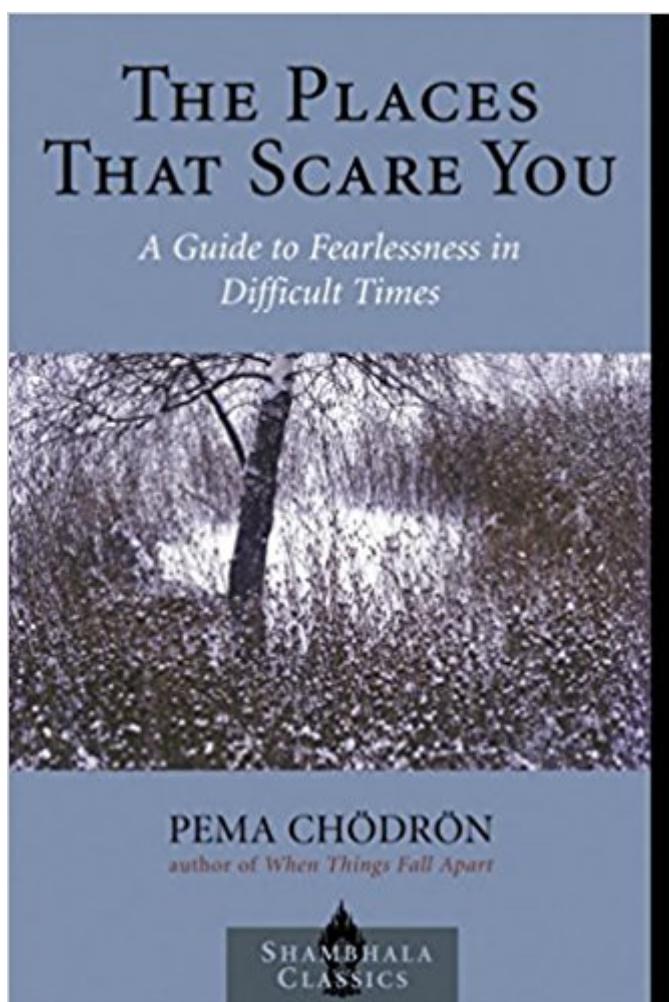


The book was found

The Places That Scare You: A Guide To Fearlessness In Difficult Times (Shambhala Classics)



Synopsis

We always have a choice, Pema Chödrön teaches: We can let the circumstances of our lives harden us and make us increasingly resentful and afraid, or we can let them soften us and make us kinder. Here Pema provides the tools to deal with the problems and difficulties that life throws our way. This wisdom is always available to us, she teaches, but we usually block it with habitual patterns rooted in fear. Beyond that fear lies a state of openheartedness and tenderness. This book teaches us how to awaken our basic goodness and connect with others, to accept ourselves and others complete with faults and imperfections, and to stay in the present moment by seeing through the strategies of ego that cause us to resist life as it is.

Book Information

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Customer Reviews

Pema Chödrön may have more good one-liners than a Groucho Marx retrospective, but this nun's stingers go straight to the heart: "The essence of bravery is being without self-deception

American Tibetan Buddhist nun Chodron (When Things Fall Apart) teaches an intense form of meditation in which readers are encouraged to become "warrior-bodhisattvas," those who courageously confront suffering. Warrior-bodhisattvas, according to Chodron, are willing to have their inner selves broken, while keeping their minds and hearts from shutting down. They take on suffering with compassion and loving-kindness, working through their own emotions of fear or anger to help alleviate others' pain. Chodron highlights six traditional paramitas to model (generosity,

discipline, patience, enthusiasm, meditation and unconditional wisdom) and cautions that ego, self-deception, unforgiveness and a grasping for permanence all present barriers to compassion. True meditation cultivates the qualities of steadfastness, clarity of vision and attention to the present moment. Despite the title, this book is more about generating compassion than facing fears. A few humorous vignettes are interspersed with the deeply philosophical text, such as when Chodron describes discovering her boyfriend in an intimate embrace with another woman. She tried to throw something at the couple, but the thing she picked up was a priceless piece of pottery that belonged to their millionaire host. "The absurdity of the situation totally cut through my rage," she explains, noting that many times "wisdom is inherent in emotions." Moments such as these mitigate the intensity of this highly cerebral book, which will offer meaty reflections for the serious practitioner, but less guidance for the mere bookstore Buddhist. (Sept.) Forecast: This title will receive some terrific exposure this fall. Shambhala Sun will excerpt two chapters and feature Chodron on the cover of its August/September issue, and New Age Journal will run an excerpt in September. In the piece de resistance, O magazine will run a substantial profile on Chodron in the October issue. Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I have a copy of this book and I Bought it 3x more to give to Others. I would suggest buying it.

You couldn't ask for a more concise guide and the necessary tools to steer you onto your chosen path. But you must do the work and practice. Altering a lifetime of wrong thinking won't change overnight or in a week, but it WILL change you over time if you follow Pema's wisdom. I love how Pema shares with us her early doubts and failures which only inspired her to work harder, perhaps she'll inspire you too!

Pema Chödrön is brilliant, witty and spiritualized.

Another great book by Pema

Affordable

This book is helping me immensely with my personal struggles. I recommend Pema for everyone.

Pema's writings have the power to elevate and help one stay tall in most difficult times - when things crumble inside. Her force comes from distilling the raw experience of her own passage into the ancient wisdom of Buddhism.

This book is like a meditation and how-to guide on full living in the midst of our ordered chaos. The teachings are grounding and promote an essential ability to be still and welcome life.

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