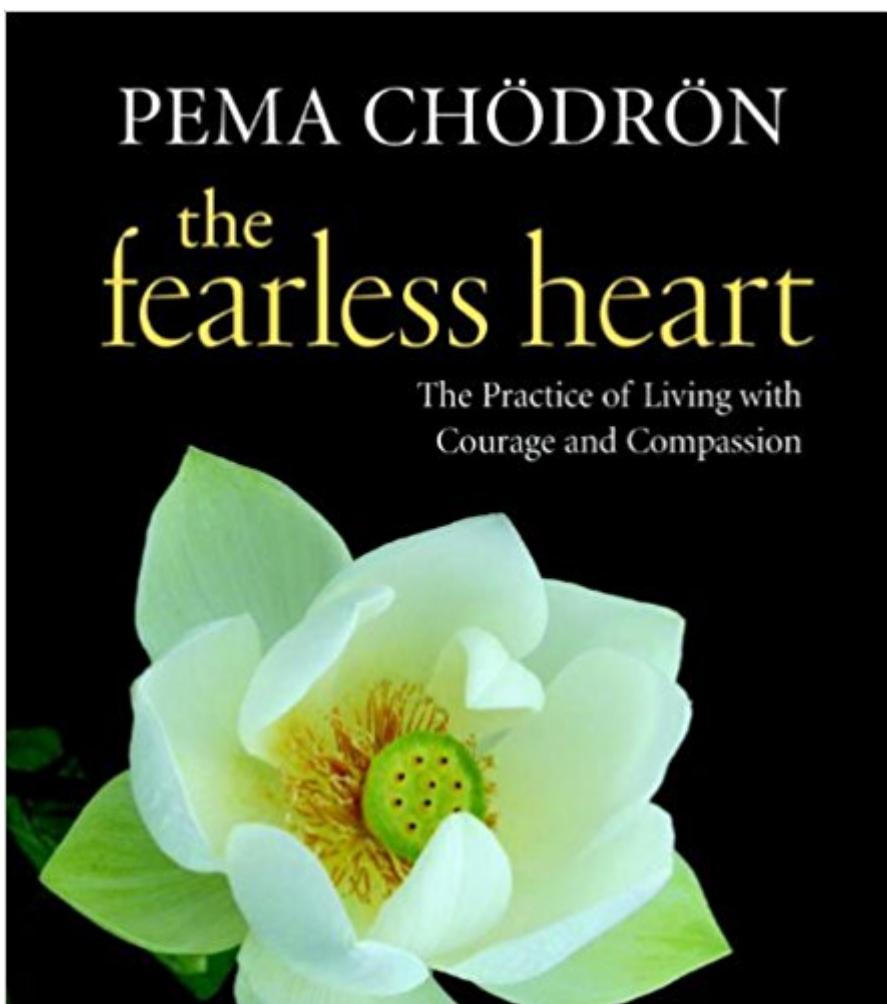


The book was found

The Fearless Heart: The Practice Of Living With Courage And Compassion



Synopsis

Fear and guilt are two of the greatest challenges we face on the spiritual path. •but there is a way to transform these painful feelings into courageous self-acceptance. Here Pema Chödrön presents the five aphorisms for developing fearlessness that were given to Machig Lapdronma, one of Tibetan Buddhism's greatest female teachers. Pema comments on these aphorisms, holds question-and-answer sessions, and leads guided meditations to help us:
overcome shame and guilt
remain courageous in the face of pain
transform our relationships with difficult people
increase our feelings of generosity and compassion
This program also includes a card with the five aphorisms and study. 5 CDs, 5 hours.

Book Information

Audio CD: 576 pages

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Customer Reviews

“Excellent production. Chödrön has a remarkable knack for making spiritual practices simultaneously insightful and funny. Though her performance is live (complete with guided meditations and questions and answers), her explanations are astonishingly clear, direct, and provocative; indeed, their unguarded, unrehearsed quality makes them more attractive.” •AudioFile

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.

Pema Chodron is wise, humorous, and very helpful in keeping us mindful and present.

It is just what I needed to help me refocus on my challenging life. My life is overwhelmed! I can deal with the day to day personal challenges that have altered my life forever and not feel so bitter.

With clarity, honesty and humor, Pema Chodron leads you through pragmatic steps for looking at your own heart courageously--the beginning place for all interactions with the world. Great sections, including question and answers, that you can listen to in the car, along with guided practices that you can do at home, whether you are a meditator or not.

I have all of this wonderful teacher's CD's ... she is a rare bird---very earthy, real and loving... her teachings are very heartfelt and accessible to all who listen to her, you don't have to be Buddhist or into esoteric spiritual teachings to enjoy this sweet lady. She has changed my life, & I have been lucky enough to see her several times in person ---her CD's and tapes continue to enthrall and amaze me, no matter how many times I listen to them. Highly recommended.

It was good. I do like some of Pema Chodron other audio books better. I tend to enjoy her live talks rather than the scripted reads.

Hear Pema Chodron talk with humor and candor at a retreat. Timeless wisdom for those seeking peace on earth. It doesn't get any better than this.

It doesn't take a lot of words when it is perfect. No explanations necessary. It doesn't take a lot of words when it is perfect. No explanations necessary.

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