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The Places That Scare You CH 17-18

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THE PLACES THAT SCARE YOU: A Guide to Fearlessness: Amazon ...

What are the places that scare you? For me, I had preconceived notions of places I was scared to go to, but want to go to, and need to visit now and again in order to be balanced and at peace. Mainly, with the recent death of my mom, I know am afraid to visit the biggest parts of the grief but know I have to and in a big way, because I am the ...

The Places That Scare You: A Guide to Fearlessness in ...

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By Brian Johnson | May 2011 Pema Chö drön is an American Buddhist nun whose simple, powerful book, The Places That Scare You, offers a " guide to fearlessness in difficult times " — the kind that all of us must confront at intervals throughout our lives. Here ' s just a little of her essential wisdom.

The Places That Scare You - Experience Life

Pema Chodron, The Places That Scare You: A Guide to Fearlessness in Difficult Times. 21 likes. Like " we can let the circumstances of our lives harden us so that we become increasingly resentful and afraid, or we can let them soften us and make us kinder and more open to what scares us. We always have this choice. " Pema Chö drön, The Places That Scare You: A Guide to Fearlessness i

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" You have to go to the places that scare you so that you can see: What do you really believe? Who are you really? " Understanding trumps compassion at this point. When people are forcing you out of your home, starving your children, destroying your planet—you should bring understanding of them to bear. Not everybody is loving of children, not everybody cares about the ocean. I think if we ...

Alice Walker: " Go to the Places That Scare You " - Yes ...

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The Places That Scare You : Pema Choedron : 9780007183500

2) Approach what you find repulsive 3) Help those you think you cannot help 4) Anything you are attached to, give that/let it go 5) Go to places that scare you. source: brief description by Pema Chodron & info

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