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The Pocket Pema Chodron

Pema Chodron is simply my favorite spiritual writer and I'm glad to have The Pocket Pema to carry with me while traveling. She has helped me tremendously after the death of my beloved husband and she has helped increase my

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compassion towards all living things.

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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*.

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Pocket ...

The "pocket Pema" (as I enjoy calling it) is a book I have read at least four times and read a little bit each day in order. Pema Chodron has a beautiful writing voice and delivers messages about confronting fear, learning compassion, living in the present moment, and many many other Buddhist principles to guide ANYONE to become a warrior to the awakened heart (Bodhisattva).

The Pocket Pema Chodron by Pema Chödrön - Goodreads
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The Pocket Pema Chodron • Book

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- becoming fearless
- breaking free.

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The Pocket Pema Chodron Quotes Showing 1-30 of 71 “We have two alternatives: either we question our beliefs - or we don't. Either we accept our fixed versions of reality- or we begin to challenge them.

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The Pocket Pema Chodron

Pema Chodron is an American Buddhist nun, born Deidre Bloomfield-Brown in New York, who studied intensively under the Tibetan meditation master, Chogyam Trungpa. Looking

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beyond religion, Pema's interpretation of Buddhism can enrich any walk of faith. I love small things, like coffee cups and little books and tiny bowls. Pema's tiny book came home with me right then and there. I read it in a garden I love, amidst sunshine and vegetable beds and the sound of summer humming.

7 Pema Chodron Quotes that Kicked my A**! | elephant journal

Pema Chodron is simply my favorite spiritual writer and I'm glad to have The Pocket Pema to carry with me while traveling. She has helped me tremendously after the death of my beloved husband and she has helped increase my

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compassion towards all living things. 2 people found this helpful

Amazon.com: Customer reviews: The Pocket Pema Chodron

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Pema Chödrön is an American Tibetan Buddhist and best-selling author of over 20 books. I first came across the beloved Buddhist nun and spiritual teacher when a friend gave me The Pocket Pema Chödrön for Christmas a few years ago. This little paperback, filled with short selections from her many decades of study and writings, has stayed in my purse ever since – and is definitely looking ...

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Welcoming the Unwelcome: Wholehearted Living in a ...
Overview. A collection of short inspirational readings by "one of the world's wisest women"—O, the Oprah Magazine. Pema Chödrön, beloved Buddhist nun and best-selling author, offers this treasury of 108 short selections from her more than four decades of study and writings. Here she presents teachings on breaking free of destructive patterns; developing patience, kindness, and joy amid our everyday struggles; becoming fearless; and unlocking our natural warmth, intelligence, and goodness.

The Pocket Pema Chodron by Pema Chodron, Paperback ...

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Description

The Pocket Pema Chodron • eBook

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*

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Apart and Don't Bite the Hook.

The Pocket Pema Chodron: Chodron, Pema:
0783324953121 ...

The Pocket Pema Chodron is a small but perfectly formed collection of extracts from Pema Chodron's various other best-selling titles. Published in the Shambhala Pocket Classics series, this volume is light and compact enough for you to carry around on your person, but the weight of its content is far greater.

The Pocket Pema Chodron - Buddhist Book Reviews

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Pema Chodron Ani Pema Chödrön was born Deirdre Blomfield-Brown in 1936, in New York City. She attended Miss Porter's School in Connecticut and graduated from the University of California at Berkeley.

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