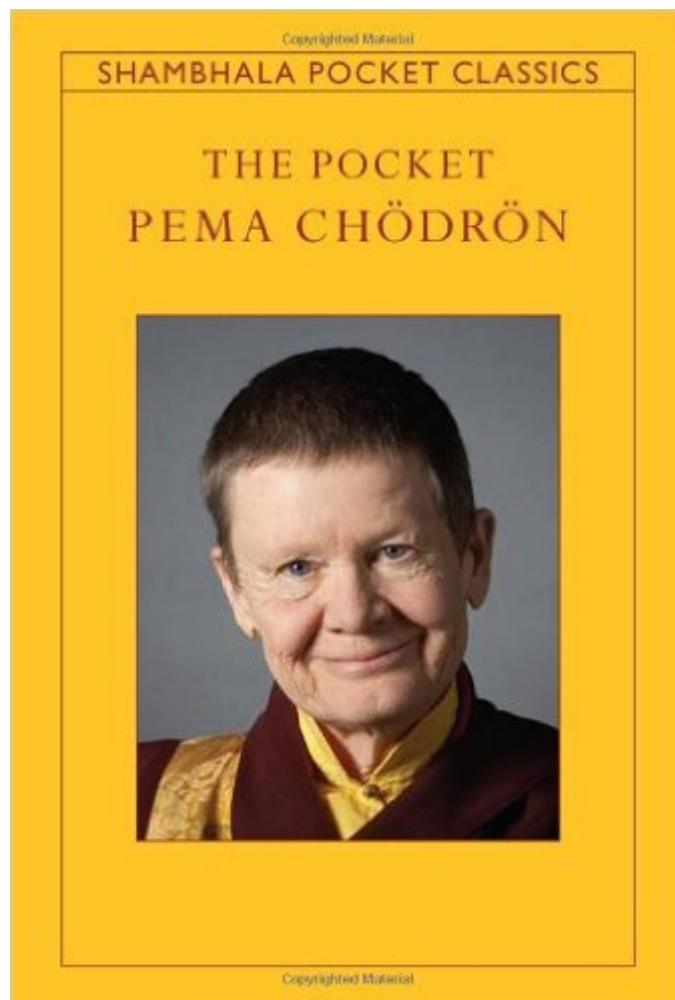


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The Pocket Pema Chodron (Shambhala Pocket Classics)



Synopsis

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

Book Information

Series: Shambhala Pocket Classics

Paperback: 176 pages

Publisher: Shambhala; Poc edition (December 9, 2008)

Language: English

ISBN-10: 1590306511

ISBN-13: 978-1590306512

Product Dimensions: 3 x 0.5 x 4.5 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars (See all reviews) (181 customer reviews)

Best Sellers Rank: #9,398 in Books (See Top 100 in Books) #11 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #74 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #289 in Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

Part outline, part entree, part reminder of all that we have read earlier from Pema, the notes we would have taken in her class (were we enlightened enough to do so). The more extended teachings -- on happiness, fear, uncertainty, on identifying the hook of habitual behaviors and choosing otherwise, on seeking out rather than avoiding the life in which you are "continually thrown out of the nest," on the difference between repressing and refraining -- remain essential, and references to those sources are provided in the back of this little pocket book. Yet this diminutive, pithy collection is like an extended slogan, or the stone pocketed on the shore during your last night at retreat, a convenient yet powerful reminder of something good and sane that can help guide you through times -- such as these -- when goodness and sanity are up against some pretty ancient thinking and habits. It's the nature of things to change, Pema tells us, "and you don't have to freak out about it." Said another way, that might take a book's worth of observation and explication. The

reader should come to this collection aware that it is a sampling, a distillation. Some of the teachings are complex; some of the students are not ready; times change, receptiveness matures. Pema wouldn't tell you to "abandon hope," if it were not good for you, so be willing to learn more about that, if it seems at odds with your expectations. Start here, and then use the references to read further.

Even if you have all of Pema's books, you'll want this little treasure. It's the best of Pema distilled into pure golden nuggets of wisdom. Everyone should have some Pema for their pocket!

This is one of the best times I can have while reading this small pocket-book. I keep it in my car most of the time; when ever I'm stressed because of heavy traffic, stressful day, whatever it may be, Pema Chodron brings me back down to earth, with my feet on the cool, refreshing ground, and my mind sinks into blissfulness. Every different one I read, brings me happiness and within my soul.

I have purchased over two dozen copies of this book to give away. Pema saved my life, her wisdom is not only deep, but accessible. Her clear voice comes through in this small and powerful book. She can somehow condense a subject it would take me hours to explain, into a paragraph..... how does one do this? I love Pema, I love this book, because it helped me find a path to self love.

I read a little of this book every night before bed. It think it gets my mind in the right frame for good dreaming! Only problem is that the short exerpts always make me wanting more. It's a handy book with great reminders for daily reading.

Lovely little book that really does fit in your pocket. You can randomly flip to any page and there will be something that will apply to you--in a gentle, clear, kind way. Chodron writes in such a simple, understandable, plain-English way, and makes you feel like you're not the only one suffering. Her carefully chosen, beautifully written words offer encouragement when you most need it. This book makes a thoughtful present--to yourself as well as to others!

Downloaded and read on my iPod in a few hours total. Pleasant introduction to the heart of Pema Chodron's teachings on acceptance, openmindedness, metta, and being with what is. I readily recommend this to anyone working with difficult emotions, depression, and so forth. There's also a

nice excerpt from the Pocket Chogyam Trungpa Rinpoche which seems really excellent as well.

Any Pema fan knows what wonderful insights and help anything by Ani Pema provides. Easy to follow, down to earth, and profoundly wise, this little pocket version is perfect for opening to any page when the world seems impossible, relationships difficult, and one's "monkey mind" is doing its thing.

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