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

5.0 out of 5 stars The places that

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scare you; it helps! Reviewed in the United Kingdom on 20 May 2015.

Format: Paperback Verified Purchase.

This book is superb, I struggle with anxiety and depression and this book has some great advice on dealing with the world around you in a different way. It focuses on Mindfulness style of looking at the world and really helps. If you are on the fence ...

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Fearlessness In Difficult

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

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By Brian Johnson | May 2011 Pema Chödrön 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*

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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 Chödrön, 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

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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 ...

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Description One of the most inspiring spiritual teachers of our time offers simple, practical advice for living with less fear, less anxiety and a more open heart. Bought in a hotly contested auction, The Places That Scare You is now available in massmarket, taking Pema Choedroen 's spiritual teachings to a wider audience.

The Places That Scare You : Pema Choedroen : 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
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you. source: brief description by Pema Chodron & info

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5.0 out of 5 stars The places that scare you; it helps! Reviewed in the United Kingdom on May 20, 2015. Verified Purchase. This book is superb, I struggle with anxiety and depression and this book has some great advice on dealing with the world around you in a different way. It focuses on Mindfulness style of looking at the world and really helps. If you are on the fence between this one and ...

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Beloved Buddhist teacher Pema Chödrön offers guidance for coping with the difficult moments in our lives—showing us how they can soften our hearts and open us to greater kindness. We always have a choice in how we react to the circumstances of our lives. We can let them harden us and make us increasingly resentful and afraid, or we can let them soften us and allow our inherent human kindness to shine through. In *The Places That Scare You*, Pema Chödrön provides essential tools for dealing with the many difficulties that life throws our way, teaching us how to awaken our basic human goodness and connect deeply with others—to accept ourselves and everything around us complete with faults and imperfections. Drawing from the core teachings of Buddhism, she shows the

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strength that comes from staying in touch with what's happening in our lives right now and helps us unmask the ways in which our egos cause us to resist life as it is. If we go to the places that scare us, Pema suggests, we just might find the boundless life we've always dreamed of.

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Lifelong guidance for learning to change the way we relate to the scary and difficult moments of our lives, showing us how we can use all of our difficulties and fears as a way to soften

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our hearts and open us to greater kindness. We always have a choice in how we react to the circumstances of our lives. We can let them harden us and make us increasingly resentful and afraid, or we can let them soften us and allow our inherent human kindness to shine through. Here Pema Chödrön provides essential tools for dealing with the many difficulties that life throws our way, teaching us how to awaken our basic human goodness and connect deeply with others—to accept ourselves and everything around us complete with faults and imperfections. She shows the strength that comes from staying in touch with what's happening in our lives right now and helps us unmask the ways in which our egos cause us to resist life as it is. If we go to the places that scare us, Pema suggests, we just

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might find the boundless life we've always dreamed of.

Best-selling author and spiritual teacher Pema Chödrön shares life-changing practices for living with wisdom, confidence, and integrity amidst confusing situations and uncertain times. We live in difficult times. Life so often seems like a turbulent river threatening to drown us and destroy our world. Why, then, shouldn't we cling to the certainty of the comfortable—to our deep-seated habits and familiar ways? Because, Pema Chödrön teaches, that kind of fear-based clinging keeps us from the infinitely more powerful experience of being fully alive. The teachings she presents here—known as the “Three Commitments”—provide a treasure trove of wisdom for learning to step

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right into the unknown, to completely and fearlessly embrace the groundlessness of being human.

When we do, we begin to see not only how much better it feels to live an openhearted life, but we find that we begin to naturally and more effectively reach out to help and heal all those around us.

Pema Chödrön reveals the vast potential for happiness, wisdom and courage even in the most painful circumstances.

The perennially helpful guide to transforming our pains and difficulties into opportunities for genuine joy and personal growth, from the beloved Buddhist nun and author of *When Things Fall Apart* We all want to be fearless, joyful, and fully alive. And we

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all know that it's not so easy. We're bombarded every day with false promises of ways to make our lives better—buy this, go here, eat this, don't do that; the list goes on and on. But Pema Chödrön shows that, until we get to the heart of who we are and really make friends with ourselves, everything we do will always be superficial. In this perennial self-help bestseller, Pema offers down-to-earth guidance on how we can go beyond the fleeting attempts to “fix” our pain and, instead, to take our lives as they are as the only path to achieve what we all yearn for most deeply—to embrace rather than deny the difficulties of our lives. These teachings, framed around fifty-nine traditional Tibetan Buddhist maxims, point us directly to our own hearts and minds, such as “Always meditate on

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whatever provokes resentment,” “Be grateful to everyone,” and “Don’t expect applause.” By working with these slogans as everyday meditations, *Start Where You Are* shows how we can all develop the courage to work with our own inner pain and discover true joy, holistic well-being, and unshakeable confidence.

The “down-to-earth, unsentimental, [and] high-humored” Pema Chödrön classic on learning to face our lives just as they are (Los Angeles Times) It's true, as they say, that we can only love others when we first love ourselves—and we can only experience real joy when we stop running from pain. The key to understanding these truisms is simple but not easy: we must learn to open ourselves up to life in all its manifestations. Here, spiritual

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teacher and When Things Fall Apart author Pema Chödrön presents a uniquely practical approach to doing just that, showing us the true value in having “no escape” from the ups and downs of life. Drawing from her own experiences with marriage, divorce, motherhood, and more, Pema reveals that when we embrace the happiness and heartache, the inspiration and confusion—all the twists and turns that are part of natural life—we can begin to discover a true wellspring of courageous love that’s been within our hearts all along. As she writes in chapter four: “Our neurosis and our wisdom are made out of the same material. If you throw out your neurosis, you also throw out your wisdom.”

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Fearlessness In Difficult

From the bestselling author of *When Things Fall Apart*, an open-hearted call for human connection, compassion, and learning to love the world just as it is during these most challenging times. In her first new book of spiritual teachings in over seven years, Pema Chödrön offers a combination of wisdom, heartfelt reflections, and the signature mix of humor and insight that have made her a beloved figure to turn to during times of change. In an increasingly polarized world, Pema shows us how to strengthen our abilities to find common ground, even when we disagree, and influence our environment in positive ways. Sharing never-before told personal stories from her remarkable life, simple and powerful everyday practices, and directly relatable advice, Pema

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encourages us all to become
triumphant

bodhisattvas--compassionate
beings--in times of hardship.

Welcoming the Unwelcome includes teachings on the true meaning of karma, recognizing the basic goodness in ourselves and the people we share our lives with--even the most challenging ones, transforming adversity into opportunities for growth, and freeing ourselves from the empty and illusory labels that separate us.

Pema also provides step-by-step guides to a basic sitting meditation and a compassion meditation that anyone can use to bring light to the darkness we face, wherever and whatever it may be.

Counsels readers on the Buddhist concept of shenpa to explain how to

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free oneself from destructive energy experienced as a sensation of tightening and negativity at moments of conflict, explaining how to replace angry or addictive responses with courage and compassion.

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