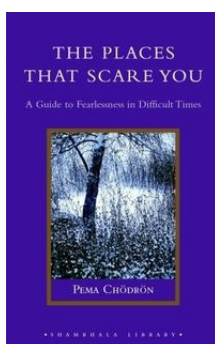


THE PLACES THAT SCARE YOU: A GUIDE TO FEARLESSNESS IN DIFFICULT TIMES

We always have a choice, Pema Chödrön teaches: We can let the circumstances of our lives harden us and make us increasingly resentful and afraid, or we can let them soften us and make us kinder. Here, Pema provides tools to deal with the problems and difficulties that life...



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Author	Pema Chödrön
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Peek Inside the Book

We insist on being Someone, with a capital S. We get security from defining ourselves as worthless or worthy, superior or inferior. We waste precious time exaggerating or romanticizing or belittling ourselves with a complacent surety that yes, that's who we are. We mistake the openness of our being the inherent wonder and surprise of each moment for a solid, irrefutable self. Because of this misunderstanding, we suffer. Pema Chödrön, The Places That Scare You: A Guide to Fearlessness in Difficult Times //

Reader's Opinions

I really needed this book. I checked this out before the election because we read the first four chapters of the class and I wanted to read the rest. However, when the election hit, I wasn't expecting...

Vilken svr bok. Den mste jag nog lsa p om begreppen hon pratar om och lsa den igen och se om den trffar mig mer...