[PDF] When Things Fall Apart: Heart Advice For Difficult Times (20th Anniversary Edition)

Pema Chodron - pdf download free book



Books Details: Title: When Things Fall Apart: Heart Author: Pema Chodron Released: 2016-06-07 Language: Pages: 176 ISBN: 1611803438 ISBN13: 9781611803433 ASIN: 1611803438

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Description:

Pema Chödrön's perennially best-selling classic on overcoming life's difficulties cuts to the heart of spirituality and personal growth--now in a newly designed 20th-anniversary edition with a new afterword by Pema--makes for a perfect gift and addition to one's spiritual

library.

How can we live our lives when everything seems to fall apart—when we are continually overcome by fear, anxiety, and pain? The answer, Pema Chödrön suggests, might be just the opposite of what you expect. Here, in her most beloved and acclaimed work, Pema shows that moving *toward* painful situations and becoming intimate with them can open up our hearts in ways we never before imagined. Drawing from traditional Buddhist wisdom, she offers life-changing tools for transforming suffering and negative patterns into habitual ease and boundless joy.

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