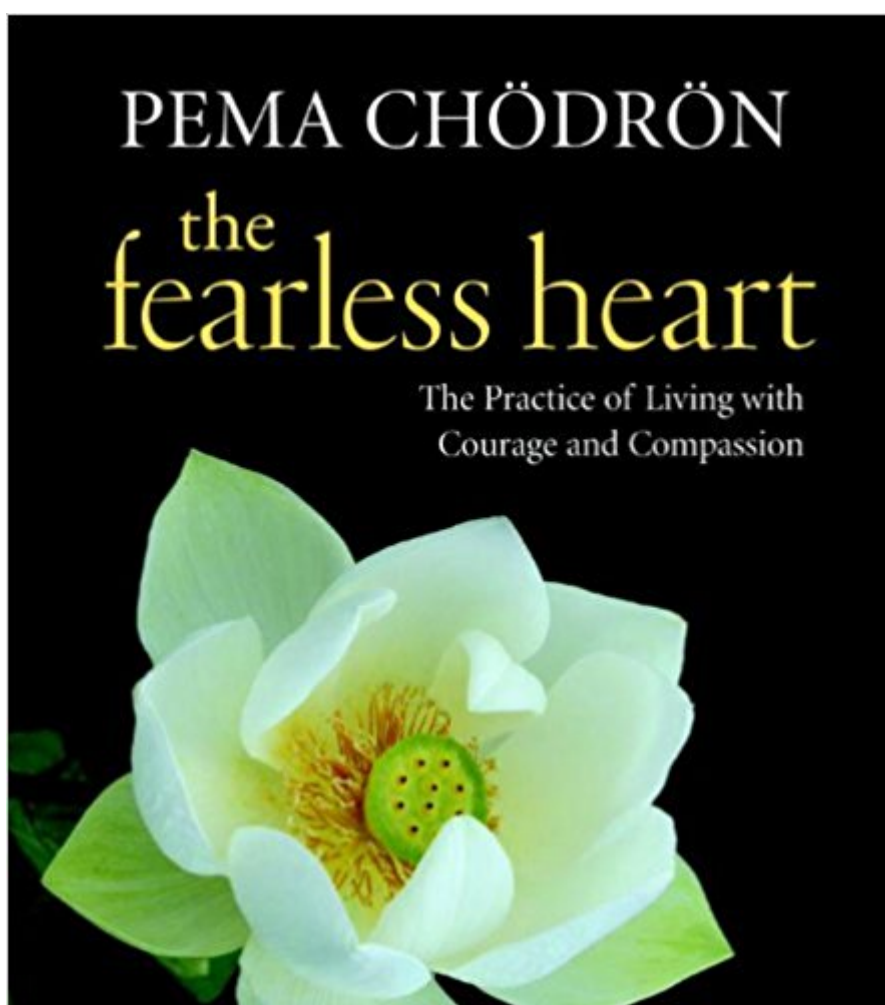


The book was found

The Fearless Heart: The Practice Of Living With Courage And Compassion



Synopsis

Fear and guilt are two of the greatest challenges we face on the spiritual path—but there is a way to transform these painful feelings into courageous self-acceptance. Here Pema Chödrön presents the five aphorisms for developing fearlessness that were given to Machig Lapdronma, one of Tibetan Buddhism's greatest female teachers. Pema comments on these aphorisms, holds question-and-answer sessions, and leads guided meditations to help us: overcome shame and guilt remain courageous in the face of pain transform our relationships with difficult people increase our feelings of generosity and compassion This program also includes a card with the five aphorisms and study. 5 CDs, 5 hours

Book Information

Audio CD: 576 pages

Publisher: Shambhala Audio (July 6, 2010)

Language: English

ISBN-10: 1590307399

ISBN-13: 978-1590307397

Product Dimensions: 5.2 x 0.6 x 5.7 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 7 customer reviews

Best Sellers Rank: #787,566 in Books (See Top 100 in Books) #179 in Books > Books on CD > Health, Mind & Body > Meditation #183 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #199 in Books > Books on CD > Reference

Customer Reviews

“Excellent production. Chödrön has a remarkable knack for making spiritual practices simultaneously insightful and funny. Though her performance is live (complete with guided meditations and questions and answers), her explanations are astonishingly clear, direct, and provocative; indeed, their unguarded, unrehearsed quality makes them more attractive.”—AudioFile

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*.

Pema Chodron is wise, humorous, and very helpful in keeping us mindful and present.

It is just what I needed to help me refocus on my challenging life. My life is overwhelmed! I can deal with the day to day personal challenges that have altered my life forever and not feel so bitter.

With clarity, honesty and humor, Pema Chodron leads you through pragmatic steps for looking at your own heart courageously--the beginning place for all interactions with the world. Great sections, including question and answers, that you can listen to in the car, along with guided practices that you can do at home, whether you are a meditator or not.

I have all of this wonderful teacher's CD's ... she is a rare bird---very earthy, real and loving...her teachings are very heartfelt and accessible to all who listen to her, you don't have to be Buddhist or into esoteric spiritual teachings to enjoy this sweet lady. She has changed my life, & I have been lucky enough to see her several times in person ---her CD's and tapes continue to enthrall and amaze me, no matter how many times I listen to them. Highly recommended.

It was good. I do like some of Pema Chodron other audio books better. I tend to enjoy her live talks rather than the scripted reads.

Hear Pema Chodron talk with humor and candor at a retreat. Timeless wisdom for those seeking peace on earth. It doesn't get any better than this.

It doesn't take a lot of words when it is perfect. No explanations necessary. It doesn't take a lot of words when it is perfect. No explanations necessary.

[Download to continue reading...](#)

The Fearless Heart: The Practice of Living with Courage and Compassion
A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives
The Warrior's Heart: Becoming a Man of Compassion and Courage
Impossible Compassion: Use The Compassion Key to Un-Crete Disease, Save the Environment, Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else
Impossible Compassion: Using The Compassion Key to Un-Crete Disease, Save the Environment, Transform Relationships and Do All Sorts of

Other Good Things for Ourselves and Everyone Else The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Fearless: The Undaunted Courage and Ultimate Sacrifice of Navy SEAL Team SIX Operator Adam Brown Art Journal Courage: Fearless Mixed Media Techniques for Journaling Bravely Loving, Supporting, and Caring for the Cancer Patient: A Guide to Communication, Compassion, and Courage The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion, and Connection The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics) White Eskimo: Knud Rasmussen's Fearless Journey into the Heart of the Arctic (A Merloyd Lawrence Book) Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy, and Equanimity How to Be an Imperfectionist: The New Way to Self-Acceptance, Fearless Living, and Freedom from Perfectionism Tattoos on the Heart: The Power of Boundless Compassion Pema Chödrön's Compassion Cards: Teachings for Awakening the Heart in Everyday Life An Open Heart: Practicing Compassion in Everyday Life Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias: 101 Stories of Caregiving, Coping, and Compassion Don't Believe Everything You Think: Living with Wisdom and Compassion Training in Compassion: Zen Teachings on the Practice of Lojong

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)