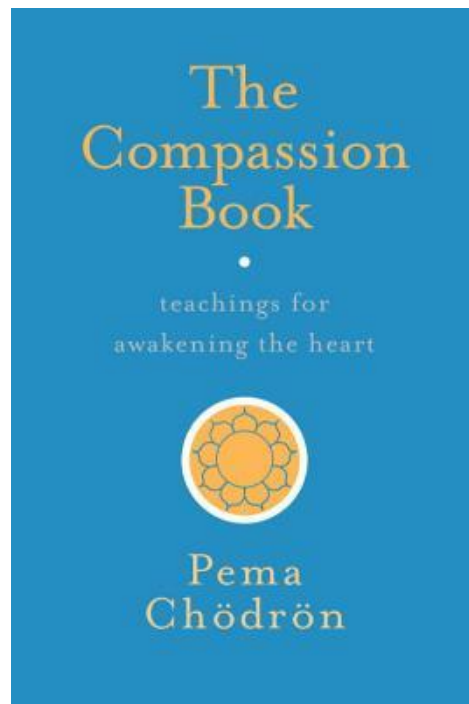


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By Pema Chödrön



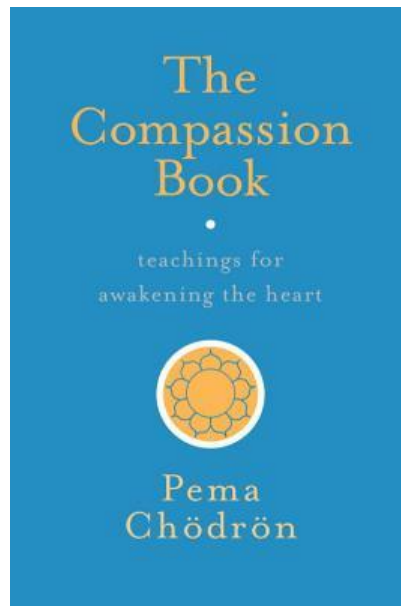
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Books Descriptions

Let compassion and fearlessness guide you and you'll live wisely and effectively in good times and bad. But that's easier said than done. Here Pema Chodron introduces a powerful, transformative method to nurture these qualities using a practice called lojong, which has been a primary focus of her teachings and personal practice for many years. And for centuries, Tibetan Buddhists have relied on these teachings to awaken the deep goodness that lies within us. The lojong teachings include fifty-nine pithy slogans for daily contemplation, such as -Always maintain only a joyful mind, - -Don't be swayed by external circumstances, - -Don't try to be the fastest, - and -Be grateful to everyone.- This book presents each of these slogans and includes Pema's clear, succinct guidance on how to understand them--and how they can enrich our lives. It also features a forty-five minute downloadable audio program entitled -Opening the Heart, - in which Pema offers in-depth instruction on tonglen

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