

Download Awakening Loving Kindness Pema Chodron

Based on talks given during a one-month meditation retreat at Gampo Abbey, this book contains teachings that were intended to inspire and encourage practitioners to remain wholeheartedly awake to everything that occurs and to use the abundant material of daily life as their primary teacher and guide. *The Wisdom of No Escape and the Path of Loving-Kindness* [Pema Chodron] on Amazon.com. *FREE* shipping on qualifying offers. This book is about saying yes to life in all its manifestations—embracing the potent mixture of joy, suffering. Like all explorers, we are drawn to discover what's out there without knowing yet if we have the courage to face it. - Pema Chödrön. One of the most beloved of American Buddhist teachers, Pema Chödrön has devoted her life to inspiring people to awaken and has changed many lives in the process. JOAN'S ANNOTATED RECOMMENDED READING LIST. This list of recommended authors and books is in no way intended to be a comprehensive, definitive or authoritative list of nondual or spiritual books.