



The Pocket Pema Chodron

By Pema Chodron

Shambhala Publications Inc. Paperback. Book Condition: new. BRAND NEW, The Pocket Pema Chodron, Pema Chodron, Here is a treasury of short selections from the best-selling books of Pema Chodron, the beloved Tibetan Buddhist nun. Sized to fit easily into a pocket or purse, this little book can be taken anywhere, providing on-the-go inspiration. Topics of this book include opening the heart; becoming fearless; breaking free of destructive patterns; developing patience and joy; and, discovering one's natural warmth, intelligence, and goodness.



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