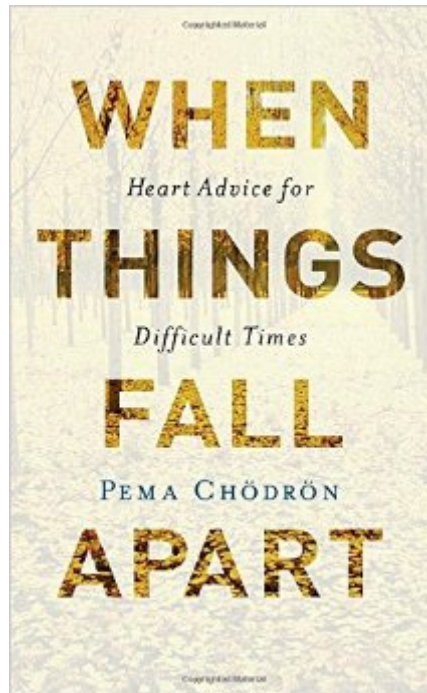


The book was found

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



Synopsis

Pema Chodron'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 Chodron 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.

Book Information

Paperback: 176 pages

Publisher: Shambhala; 20th Anniversary ed. edition (June 7, 2016)

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Average Customer Review: 3.8 out of 5 stars See all reviews (5 customer reviews)

Best Sellers Rank: #4,906 in Books (See Top 100 in Books) #6 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #47 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #150 in Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

Please ignore the one star review another reviewer gave, as they didn't read the book itself, but just got one that was poorly bound and are frustrated with the physical condition of the book. The content of this book is powerful, timeless, and beneficial to anyone who is struggling. Pema Chodron offers profound wisdom - Buddhist teachings, but not exclusively for Buddhists by any means. The dual encouragement of being gentle with oneself while striving for a fearless existence compliment each other beautifully. So grateful for Pema Chodron and her teachings.

I'm only about halfway through, but am posting a link on my blog for others to be able to buy this

book. I've learned so much about why mediation is so powerful and have truly learned to step back and not panic before making a decision on how I will react to a situation. It's pretty powerful stuff and I highly recommend this book to anyone who is making big changes in their life. I didn't give it five stars only because I haven't finished it!

Helpful - thoughtful

Heartfelt advice.

I have not read the book yet, but I just purchased the new edition and the binding is terrible. I am afraid to open the book for fear that all of the pages will fall out. I would purchase the old edition, as it is less expensive and likely better construction.

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