



Start Where You Are: How to Accept Yourself and Others (New edition)

By Pema Chodron

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Start Where You Are: How to Accept Yourself and Others (New edition), Pema Chodron, Start Where You Are is an indispensable handbook for cultivating fearlessness and awakening a compassionate heart, from bestselling author Pema Chodron. With insight and humour, she presents down-to-earth guidance on how to make friends with ourselves and develop genuine compassion towards others. This book shows how we can 'start where we are' by embracing rather than denying the painful aspects of our lives. Pema Chodron frames her teachings on compassion around fifty-nine traditional Tibetan Buddhist maxims, or slogans, such as: 'Always apply a joyful state of mind', 'Always meditate on whatever provokes resentment' and 'Be grateful to everyone'. Working with these slogans and through the practice of meditation, Start Where You Are shows how we can all develop the courage to work with our own inner pain and discover joy, well-being and confidence.



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Reviews

Certainly, this is the greatest work by any author. It can be written in easy words and phrases rather than confusing. I am just happy to let you know that this is actually the greatest ebook we have studied inside my individual daily life and may be the greatest ebook for at any time.

-- **Trent Monahan**

Comprehensive guide! It's this sort of very good that goes through. It generally is not going to price too much. It's been designed in a remarkably basic way which is simply following. I finished reading this pdf where it really changed me, affected the way I really believe.

-- **Prof. Jeremie Blanda DDS**