

## Smile at Fear: Awakening the True Heart of Bravery

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## Reviews

A top quality publication along with the typeface utilized was intriguing to read through. It is amongst the most awesome pdf i have got read through. Its been developed in an remarkably straightforward way and it is only right after i finished reading this publication in which actually altered me, modify the way i believe. (Don Pacocha)

## SMILE AT FEAR: AWAKENING THE TRUE HEART OF BRAVERY



Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Many of us, without even realizing it, are dominated by fear. We might be aware of some of our fears - perhaps we are afraid of public speaking, of financial hardship, or of losing a loved one. Chgyam Trungpa shows us that most of us suffer from a far more pervasive fearfulness: fear of ourselves. We feel ashamed and embarrassed to look at our feelings or acknowledge our styles of thinking and acting; we don t want to face the reality of our moment-to-moment experience. It is this fear that keeps us trapped in cycles of suffering, despair, and distress. Chgyam Trungpa offers us a vision of moving beyond fear to discover the innate bravery, trust, and delight in life that lies at the core of our being. Drawing on the Shambhala Buddhist teachings, he explains how we can each become a spiritual warrior: a person who faces each moment of life with openness and fearlessness. The ultimate definition of bravery is not being afraid of who you are, writes Chgyam Trungpa. In this audiobook, he offers the insights and strategies to claim victory over fear.

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