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Bought in a hotly contested auction, The Places That Scare You is now available in massmarket, taking Pema Chödrön's spiritual teachings to a wider audience. We always have a choice, Pema Chödrön teaches: we can either let the circumstances of our lives harden us and make us increasingly resentful and afraid, or we

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THE PLACES THAT SCARE YOU: A Guide to Fearlessness: Amazon ...

What are the places that scare you?. For me, I had preconceived notions of places I was scared to go to, but want to go to, and need to visit now and again in order to be balanced and at peace. Mainly, with the recent death of my mom, I know am afraid to visit the biggest parts of the grief but know I have to and in a big way, because I am the ...

The Places That Scare You: A Guide to Fearlessness in ...

5.0 out of 5 stars The places that scare you; it helps! Reviewed in the United Kingdom on 20 May 2015.

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Format: Paperback Verified Purchase.

This book is superb, I struggle with anxiety and depression and this book has some great advice on dealing with the world around you in a different way. It focuses on Mindfulness style of looking at the world and really helps. If you are on the fence ...

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to Fearlessness... In Difficult

If we go to the places that scare us, Pema suggests, we just might find the boundless life we've always dreamed of. The Places that Scare You. Author : Pema Chödrön Publisher :

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By Brian Johnson | May 2011 Pema Chödrön is an American Buddhist nun whose simple, powerful book, *The Places That Scare You*, offers a "guide to fearlessness in difficult times" — the kind that all of us must confront at intervals throughout our lives. Here's just a little of her essential wisdom.

The Places That Scare You - Experience Life

— Pema Chodron, *The Places That Scare You: A Guide to Fearlessness in Difficult Times*. 21 likes. Like —we can let the circumstances of our lives

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harden us so that we become increasingly resentful and afraid, or we can let them soften us and make us kinder and more open to what scares us. We always have this choice. □ □

Pema Chödrön, *The Places That Scare You: A Guide to Fearlessness* i

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¶ You have to go to the places that scare you so that you can see: What do you really believe? Who are you really?¶ Understanding trumps compassion at this point. When people

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Description One of the most inspiring spiritual teachers of our time offers simple, practical advice for living with less fear, less anxiety and a more open heart. Bought in a hotly contested auction, The Places That Scare You is now available in massmarket, taking Pema Choedroen 's spiritual teachings to a wider audience.

The Places That Scare You : Pema Choedroen : 9780007183500

2) Approach what you find repulsive 3) Help those you think you cannot help 4) Anything you are attached to, give that/let it go 5) Go to places that scare you. source: brief description by Pema Chodron & info

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5.0 out of 5 stars The places that scare you; it helps! Reviewed in the United Kingdom on May 20, 2015. Verified Purchase. This book is superb, I struggle with anxiety and depression and this book has some great advice on dealing with the world around you in a different way. It focuses on Mindfulness style of looking at the world and really helps. If you are on the fence between this one and ...

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