



When Things Fall Apart: Heart Advice for Difficult Times (Paperback)

By Pema Chodron

Shambhala Publications Inc, United States, 2016. Paperback. Condition: New. 20th Anniversary ed.. Language: English . Brand New Book. Pema Chdrn 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 Chdrn 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.



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Reviews

Undoubtedly, this is the best work by any author. It is really simplified but shocks within the 50 % in the publication. Its been written in an extremely straightforward way and is particularly just following i finished reading this publication by which basically altered me, modify the way in my opinion.

-- **Vivianne Dietrich**

Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Sierra Lowe Sr.**