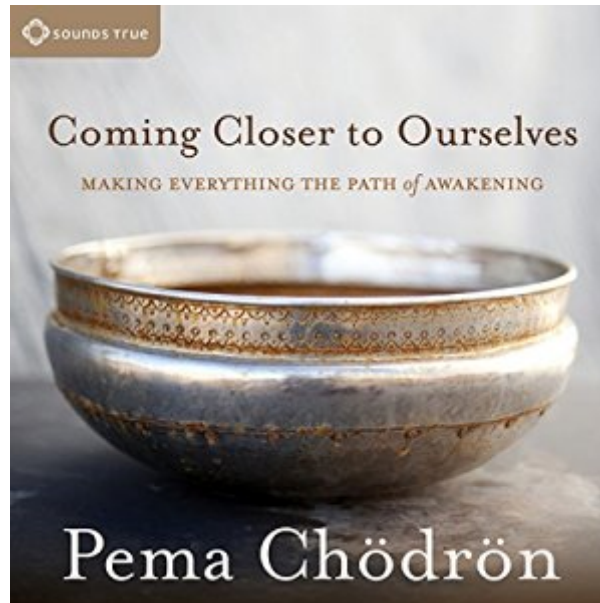


The book was found

# Coming Closer To Ourselves: Making Everything The Path Of Awakening



## Synopsis

How to Befriend Your Most Challenging Emotions and Experiences In challenging times, why do so many of us turn to Pema Chodron for guidance? Many say that it's her honest and caring way of communicating the core teachings of Buddhism - not just conceptually, but directly from her heart to ours. In these inspiring sessions, she teaches us how to give that compassion to the person we neglect most often - ourselves. With her, you will explore: What to do when it feels impossible to be kind to ourselves. In challenging relationships and situations, how to let go of our story and see what's really happening. Cultivating inner comfort and greater kindness toward our bodies. Leaning into frustration, sadness, and fear with a spirit of trust and intimacy. Many other insights and recommendations to befriend the difficult places within us. Through gentle and clear guidance, *Coming Closer to Ourselves* shows us how, even in the tumult of life's uncertainties, we can begin with a glimmer of curiosity, move closer into our experiences, and discover a place of welcome and refuge within.

## Book Information

Audible Audio Edition

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## Customer Reviews

I have quite a few of Pema Chodron's books and audio teachings and the only complaint I have is that the audio quality of this is not quite as clear or crisp as I would like for ease of listening. It is a tad poorer sound quality than on other recordings.

Pema again demonstrates how to offer compassion to ourselves in times of difficulty & suffering while teaching us that we are not alone in our feelings. Pema also teaches us how to offer the

compassion we find for ourselves to others to help lessening their suffering. Pema's voice is soothing...she is brilliant in her spoken word, emotionally open with her students & as always at times very funny. I truly believe the best way to teach. If you have never listened to Pema this CD is the perfect opportunity to come home to yourself & the world around you.

I have listened to this book on a CD numerous times. These days I reach for a CD in any order and listen to the topic at hand. I like that Pema's voice is speaking to me and about me, about my emotional and spiritual struggles. It reminds me that I am not broken and I do not need to be fixed. It tells me I need to accept I am an emotional human being, imperfect, but good just the way I am...Listening to Pema always puts me in the right frame of mind. Very good listening especially in a rush hour traffic.veronika

There is a good amount of materials covered in this seminar and the pacing is good.It was recorded live and there are background noises - even an emergency vehicle at one pointbut overall this is recording which can be listened to repeatedly.

Speaking in plain,yet eloquent language, Pema helps give me hope for all us here in the US !! We are a hard headed, independant lot...

This is so fantastic! I'm learning so much from this CD set in my mindfulness practice. Pema is not only incredibly knowledgeable and a wonderful educator but she also has a great sense of humor! I've since purchased a second copy for a friend who is on the same path in learning how to become more mindful, more present - she, too, is loving it.

I have listened to this dozens of times, each time gaining greater insight. I strongly recommend it as a summary of the teachings.

I love everything by Pema. This is no exception. The reminder to love myself and scoot closer myself is powerful. Trying to escape pain through alcohol, drugs, TV, eating, or the myriad of other ways we have invented is ineffective. The most effective way is through the pain--move towards it, not away from it.Somewhat, when she shares, it is not trite and it rings true. She has a gift.

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