



## Start Where You are: A Guide to Compassionate Living (Hardback)

By Pema Chodron

Shambhala Publications Inc, United States, 2004. Hardback.

Book Condition: New. Shambhala Libra.. 170 x 127 mm.

Language: English . Brand New Book. This is a beautiful, gift book edition (with a ribbon marker) of a modern-day classic.

Start Where You Are is an indispensable handbook for cultivating fearlessness and awakening a compassionate heart. With insight and humor, Pema Chodron, author of *The Wisdom of No Escape* and *When Things Fall Apart*, presents down-to-earth guidance on how to make friends with ourselves and develop genuine compassion toward others. The author 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 Don't seek others' pain as the limbs of your own happiness Always meditate on whatever provokes resentment 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

*Simply no terms to explain. I am quite late in start reading this one, but better then never. Its been written in an remarkably easy way and is particularly merely soon after i finished reading this book where basically changed me, affect the way i really believe.*

-- **Prof. Jedediah Kuhic DVM**

*This pdf is amazing. It really is rally exciting throgh looking at time. I am easily could possibly get a satisfaction of looking at a created publication.*

-- **Patience Bechtelar**

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Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



### **How to Start a Conversation and Make Friends**

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, How to Start a Conversation and Make Friends, Don Gabor, For over twenty-five years, small-talk expert Don Gabor has helped thousands of people communicate with wit, confidence, and enthusiasm with his bestseller How...



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### **Animation for Kids with Scratch Programming: Create Your Own Digital Art, Games, and Stories with Code**

Mentorscloud LLC, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Think Logically. Present Artistically. The myth: Programming is only for kids who are good at math and science. The...



### **No Friends?: How to Make Friends Fast and Keep Them**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



### **Read Write Inc. Phonics: Yellow Set 5 Storybook 9 Grow Your Own Radishes**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 175 x 148 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....