

# The Pocket Pema Chodron (Shambhala Pocket Classics)

*Pema Chodron*

Here is a treasury of 108 short selections from the best-selling books of Pema Chödrön, the beloved Buddhist nun. Designed for on-the-go inspiration, this collection offers teachings on:

- becoming fearless
- breaking free of destructive patterns
- developing patience, kindness, and joy amid our everyday struggles
- unlocking our natural warmth, intelligence, and goodness
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