



Practicing Peace (Shambhala Pocket Classic) (Shambhala Pocket Classics)

By Pema Chodron

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Inspiring teachings on what each of us can do to promote peace from the inside out--now available as a Shambhala Pocket Classic.

With war and violence flaring all over the world, many of us are left feeling vulnerable and utterly helpless. In this book Pema Chödrön draws on Buddhist teachings to explore the origins of aggression, hatred, and war, explaining that they lie nowhere but within our own hearts and minds. She goes on to offer practical techniques any of us can use to work for peace in our own lives, at the level of our habits of thought and action. It's never too late, she tells us, to look within and discover a new way of living and transform not only our personal lives but our whole world.

This is a pocket-sized reissue of *Practicing Peace in Times of War*.

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Editorial Review

From Publishers Weekly

This gifty little book by the American Buddhist nun Chödrön is a solid reinforcement of what she has been saying for many years and in many books. Here, her focus is on the relationship between aggression within and the aggression that fuels war. Chödrön begins with some disquieting observations, such as that we can all be fundamentalists—that is, self-righteous and closed-minded—and that peace demonstrators are not terribly peaceful. Like other Buddhist teachers on the subject of political action, she sees a direct connection between what is in the heart and expressed in outward actions. She teaches how to stop the reflexive and habitual emotional reaction to perceived hostility through patience, pausing, breathing. It's not easy, but it is simple. Chödrön is also provocative: insecurity has a positive function, she suggests, so don't run away from it. Some of what this skillful teacher says is almost too simple or underexplained, which can happen when a talk becomes a book, as is the case here. "Don't spin off" is a condensed instruction that is a little too condensed. While it may intrigue beginners, this book will be a better gift for those who are already familiar with Chödrön's body of work. (Sept. 5)

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Review

"A solid reinforcement on how to stop the reflexive and habitual emotional reaction to perceived hostility through patience, pausing, breathing. It's not easy, but it is simple."—*Publishers Weekly*

"In her timely new book, Pema Chödrön offers her insights on the origins of world conflict. Anger originates in our own hearts, she asserts, not on the battlefield. Only by checking our aggression on a personal level can we hope to sow the seeds of peace."—*Body & Soul*

About the Author

PEMA CHÖDRÖN is an American Buddhist nun in the lineage of Chögyam Trungpa, the renowned Tibetan meditation master. She is resident teacher at Gampo Abbey, Cape Breton, Nova Scotia, the first Tibetan monastery in North America established for Westerners. She is a best-selling author whose many books include *When Things Fall Apart* and *The Places That Scare You*.

Users Review

From reader reviews:

Clifford Hudgins:

In this 21st century, people become competitive in each way. By being competitive right now, people have do something to make these individuals survives, being in the middle of the particular crowded place and notice simply by surrounding. One thing that oftentimes many people have underestimated that for a while is reading. Yep, by reading a e-book your ability to survive raise then having chance to stay than other is high. To suit your needs who want to start reading the book, we give you this particular Practicing Peace (Shambhala Pocket Classic) (Shambhala Pocket Classics) book as nice and daily reading publication. Why, because this book is more than just a book.

Loyd Tyler:

Spent a free time to be fun activity to complete! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to consider look for book, may be the book untitled Practicing Peace (Shambhala Pocket Classic) (Shambhala Pocket Classics) can be excellent book to read. May be it may be best activity to you.

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Edward Bastian:

People live in this new morning of lifestyle always make an effort to and must have the spare time or they will get lots of stress from both lifestyle and work. So , when we ask do people have extra time, we will say absolutely sure. People is human not a robot. Then we ask again, what kind of activity have you got when the spare time coming to a person of course your answer will certainly unlimited right. Then do you try this one, reading guides. It can be your alternative with spending your spare time, often the book you have read is Practicing Peace (Shambhala Pocket Classic) (Shambhala Pocket Classics).

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