



The Pocket Pema Chodron (Shambhala Pocket Classics)

By Pema Chodron

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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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Editorial Review

About the Author

Pema Chödrön is an American Buddhist nun in the lineage of Chögyam Trungpa. She is resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan monastery in North America established for Westerners. She is the author of many books and audiobooks, including the best-selling *When Things Fall Apart* and *Don't Bite the Hook*.

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