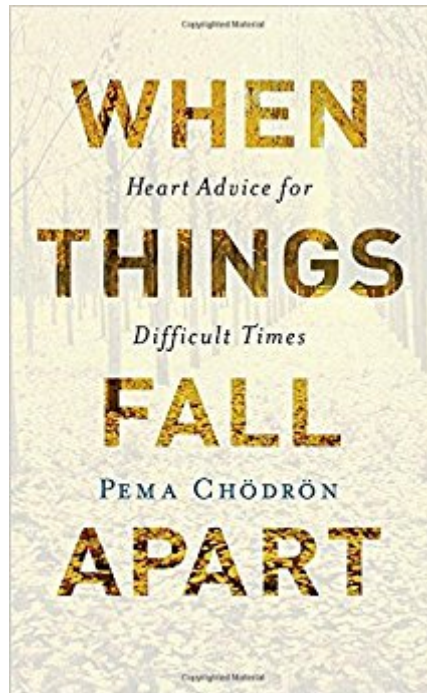


The book was found

When Things Fall Apart: Heart Advice For Difficult Times (20th Anniversary Edition)



Synopsis

Pema Chödrön's perennially best-selling classic on overcoming life's difficulties cuts to the heart of spirituality and personal growth--now in a newly designed 20th-anniversary edition with a new afterword by Pema--makes for a perfect gift and addition to one's spiritual library. How can we live our lives when everything seems to fall apart "when we are continually overcome by fear, anxiety, and pain? The answer, Pema Chödrön suggests, might be just the opposite of what you expect. Here, in her most beloved and acclaimed work, Pema shows that moving toward painful situations and becoming intimate with them can open up our hearts in ways we never before imagined. Drawing from traditional Buddhist wisdom, she offers life-changing tools for transforming suffering and negative patterns into habitual ease and boundless joy.

Book Information

Paperback: 176 pages

Publisher: Shambhala; 20th Anniversary ed. edition (June 7, 2016)

Language: English

ISBN-10: 1611803438

ISBN-13: 978-1611803433

Product Dimensions: 5.4 x 0.6 x 8.3 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars See all reviews (5 customer reviews)

Best Sellers Rank: #4,906 in Books (See Top 100 in Books) #6 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #47 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #150 in Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

Please ignore the one star review another reviewer gave, as they didn't read the book itself, but just got one that was poorly bound and are frustrated with the physical condition of the book. The content of this book is powerful, timeless, and beneficial to anyone who is struggling. Pema Chodron offers profound wisdom - Buddhist teachings, but not exclusively for Buddhists by any means. The dual encouragement of being gentle with oneself while striving for a fearless existence compliment each other beautifully. So grateful for Pema Chodron and her teachings.

I'm only about halfway through, but am posting a link on my blog for others to be able to buy this

book. I've learned so much about why mediation is so powerful and have truly learned to step back and not panic before making a decision on how I will react to a situation. It's pretty powerful stuff and I highly recommend this book to anyone who is making big changes in their life. I didn't give it five stars only because I haven't finished it!

Helpful - thoughtful

Heartfelt advice.

I have not read the book yet, but I just purchased the new edition and the binding is terrible. I am afraid to open the book for fear that all of the pages will fall out. I would purchase the old edition, as it is less expensive and likely better construction.

[Download to continue reading...](#)

When Things Fall Apart: Heart Advice for Difficult Times (20th Anniversary Edition) When Things Fall Apart: Heart Advice for Difficult Times (20th Anniversary Gift Edition) When Things Fall Apart: Heart Advice for Difficult Times (Shambhala Classics) When Things Fall Apart: Heart Advice for Difficult Times (Shambhala Library) When Things Fall Apart: Heart Advice for Difficult Times Things Fall Apart Cooperative Wisdom: Bringing People Together When Things Fall Apart Difficult Decisions in Colorectal Surgery (Difficult Decisions in Surgery: An Evidence-Based Approach) Dealing With Difficult People: Get to Know the Different Types of Difficult People in the Workplace and Learn How to Deal With Them (How To Win People, How To Influence People) Difficult Conversations Just for Women: Kill the Anxiety. Get What You Want. (Similar to Difficult Conversations: How to Discuss What Matters Most and to Crucial Conversations but tailored for women) Things Come Apart: A Teardown Manual for Modern Living Things Come Apart 2015 Wall Calendar Things Come Apart 2016 Wall Calendar World Music Drumming: Teacher/DVD-ROM (20th Anniversary Edition): A Cross-Cultural Curriculum Enhanced with Song & Drum Ensemble Recordings, PDFs and Videos Bluegrass: A HISTORY 20TH ANNIVERSARY EDITION (Music in American Life) Guess How Much I Love You 20th Anniversary Edition Sharing Nature with Children, 20th Anniversary Edition Listening Hearts 20th Anniversary Edition: Discerning Call in Community Diet for a Small Planet (20th Anniversary Edition) Cooking Under Pressure (20th Anniversary Edition)

[Dmca](#)