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If we go to the places that scare us, Pema suggests, we just might find the boundless life we ' ve always dreamed of. The Places that Scare You. Author : Pema Ch ö dr ö n Publisher : Shambhala Publications Release Date : 2001 Category : Religion Total pages :140 GET BOOK . Offers advice on uncovering inner wisdom and opening one's heart while refusing to allow resentment and fear to block one ...

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By Brian Johnson | May 2011 Pema Ch ö dr ö n is an American Buddhist nun whose simple, powerful book, The Places That Scare You, offers a “ guide to fearlessness in difficult times ” — the kind that all of us must confront at intervals throughout our lives. Here ' s just a little of her essential wisdom.

The Places That Scare You - Experience Life

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Description One of the most inspiring spiritual teachers of our time offers simple, practical advice for living with less fear, less anxiety and a more open heart. Bought in a hotly contested auction, *The Places That Scare You* is now available in massmarket, taking Pema Chodron's spiritual teachings to a wider audience.

The Places That Scare You : Pema Chodron : 9780007183500

2) Approach what you find repulsive 3) Help those you think you cannot help 4) Anything you are attached to, give that/let it go 5) Go to places that scare you. source: brief description by Pema Chodron & info

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