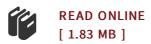




# Awakening Loving-Kindness (Shambhala Pocket Classics)

By Pema Chodron

Shambhala. Paperback. Book Condition: New. Paperback. 192 pages. Based on talks given during a one-month meditation retreat at Gampo Abbey, this book contains teachings that were intended to inspire and encourage practitioners to remain wholeheartedly awake to everything that occurs and to use the abundant material of daily life as their primary teacher and guide. The message for the retreat participantsand for the reader as wellis to be with oneself without embarrassment or harshness. This is instruction on how to love oneself and ones world. This Shambhala Pocket Classic is an abridged version of The Wisdom of No Escape. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



### Reviews

I actually started out reading this article ebook. This is for those who statte that there had not been a worth reading. Its been developed in an extremely easy way and it is just after i finished reading this book in which in fact modified me, change the way i really believe.

-- Antonetta Ritchie IV

Complete information! Its such a great study. It is probably the most amazing book i have got study. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Mr. Roger Luettgen III

### See Also



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