

# **The Places That Scare You: A Guide To Fearlessness In Difficult Times (Shambhala Classics) By Pema Chodron**

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Alice Walker is a poet, essayist, and commentator, but she's best known for her prodigious accomplishments as a writer of literary fiction. Her novel *The Color*

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Source: Brian Johnson's Philosophers Notes. Here's another great note, filled with wisdom on overcoming the places that scare you. We can let the circumstances

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I absolutely love the concept of mapping the places that scare us in this kind of geographical metaphor it works for me because it's part of my

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*The Places that Scare You A Guide to Fearlessness in Difficult Times* (Shambhala Classics) Pema Chodron is an American Buddhist nun in the lineage of Chogyam

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Alice Walker is a poet, essayist, and commentator, but she's best known for her prodigious accomplishments as a writer of literary fiction. Her novel *The Color Purple*

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Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted

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~ Pema Chodron, *The Places That Scare You*. So much of my life has been carefully constructed to avoid going within to the places that scare me. Whether these be awful

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## **Living in the places that scare you. | elephant**

I am a compassionate warrior. If you practice mindfulness and metta, then you are too. As Pema Chodron writes in The Places that Scare You, The essence of

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Pema Chodron: Lessons Learned

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38 quotes from The Places That Scare You: A Guide to Fearlessness in Difficult Times: Compassion is not a relationship between the healer and the wound

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Pema Chodron, Author. Shambhala \$21.95 The Places That Scare You: A Guide to Fearlessness in Difficult Times;

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Pema Chodron is an American Buddhist nun whose simple, powerful book, *The Places That Scare You*, offers a guide to fearlessness in difficult times the

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*The Places that Scare You : A Guide to Fearlessness in Pema Chodron.* Source: *The Places that Scare Heart Advice for Difficult Times (Shambhala Classics)*

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### **Go to the places that scare you thirty two**

Confess your hidden faults. Approach what you find repulsive. Help those you think you cannot help. Anything you are attached to, let it go. Go to the places that

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