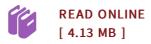




# Always Maintain a Joyful Mind: and Other Lojong Teachings on Awakening Compassion and Fearlessness (Hardback)

By Pema Chodron

Shambhala Publications Inc, United States, 2007. Hardback. Book Condition: New. 163 x 147 mm. Language: English, Tibetan . Brand New Book. For centuries Tibetan Buddhists have relied on a collection of fifty-nine pith teachings (called lojong in Tibetan) to help them develop wisdom and compassion amid the challenges of daily living. In this book Pema Chodron introduces these transformative teachings and offers guidance on how to make them part of our everyday lives. The lojong teachings include: Always maintain only a joyful mind, Don t be swayed by external circumstances, Don t be so predictable, and Be grateful to everyone. Each slogan is followed by Pema Chodron s accessible and succinct commentary on how to understand and apply it. This book also features a forty-fiveminute audio program entitled Opening the Heart, in which Pema Chodron offers in-depth instruction on tonglen meditation, a powerful practice that anyone can undertake to awaken compassion for oneself and others.



#### Reviews

A whole new e book with a new point of view. This is certainly for all those who statte there had not been a well worth looking at. I am just very easily could get a delight of looking at a created pdf.

-- Hyman Goyette

It in a of the best book. Yes, it can be perform, nevertheless an amazing and interesting literature. You may like the way the article writer publish this ebook.

-- Wava Hettinger

### Other PDFs



# New Chronicles of Rebecca (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...



#### Harriet Tubman and the Freedom (Paperback)

Simon Schuster Ltd, United Kingdom, 2003. Paperback. Book Condition: New. 226 x 147 mm. Language: English . Brand New Book. Ready-to-Read Level 3 Reading Proficiently Rich vocabulary More-challenging stories Longer chapters Harriet Tubman was born a slave. But she always knew that...



#### Readers Clubhouse B Just the Right Home (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Marilee Harrald-Pilz (illustrator). 224 x 147 mm. Language: English. Brand New Book. This is volume seven, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2) for beginning readers. Two...



#### Readers Clubhouse Set B Joe Boat (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Kristin Barr (illustrator). 221 x 147 mm. Language: English. Brand New Book. This is volume four, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2) for beginning...



## Readers Clubhouse Set a Nick is Sick (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Carol Koeller (illustrator). 221 x 147 mm. Language: English. Brand New Book. This is volume three, Reading Level 1, in a comprehensive program (Reading Levels 1 and 2) for beginning...



#### Readers Clubhouse Set B Lukes Mule (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Shawn Costello (illustrator). 221 x 147 mm. Language: English . Brand New Book. This is volume five, Reading Level 2, in a comprehensive program (Reading Levels 1 and 2) for beginning readers. Two...