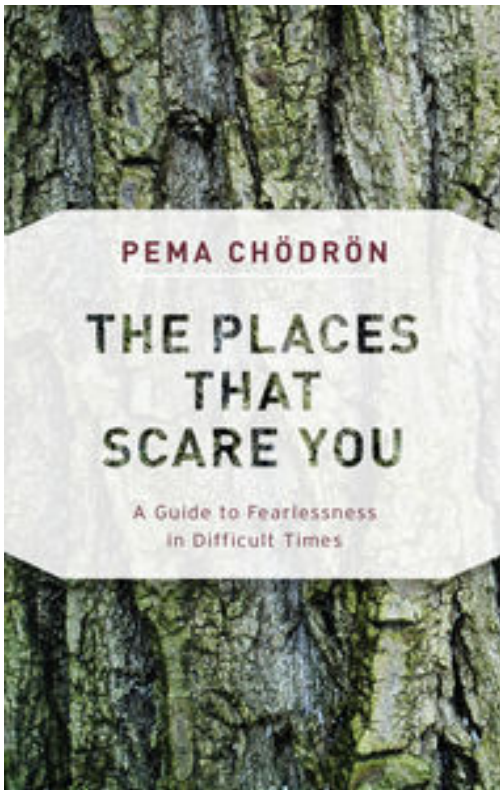


# The Places That Scare You - Pema Chödrön

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**The Places That Scare You Pema Chödrön Read ebooks [EN] PDF, ePub, Mobi, Lifelong guidance for learning to change the way we relate to the scary and difficult moments of our lives, showing us how we can use all of our difficulties and fears as a way to soften our hearts and open us to greater kindness.**

We always have a choice in how we react to the circumstances of our lives. We can let them harden us and make us increasingly resentful and afraid, or we can let them soften us and allow our inherent human kindness to shine through. Here Pema Chödrön provides essential tools for dealing with the many difficulties that life throws our way, teaching us how to awaken our basic human goodness and connect deeply with others—to accept ourselves and everything around us complete with faults and imperfections. She shows the strength that comes from staying in touch with what’s happening in our lives right now and helps us unmask the ways in which our egos cause us to resist life as it is. If we go to the places that scare us, Pema suggests, we just might

find the boundless life we’ve always dreamed of.

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