



Pema Chodron: Lessons Learned From Pema Chodron Books Including, When Things Fall Apart, How to Meditate, Living Beautifully, The Places That Scare You, etc...

Mark Givens

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In this book I distill down the core teaching of Pema Chodron in a brief yet concise way. In this book you'll get an overview of the principles and teachings found in Pema Chodron's top selling books. I believe this book will help you in your journey of self discovery and acceptance of yourself and the world.

Here Is A Preview Of What You'll Learn...

- The Life of Pema Chodron
- The Core Principles and Teachings of Pema Chodron
- Lessons From "When Things Fall Apart"
- Lessons From "How To Meditate"
- Lessons From "Living Beautifully"
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