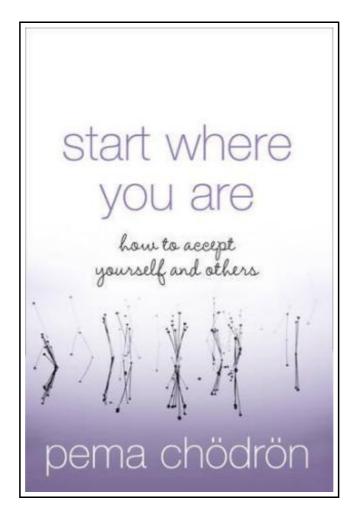
# Start Where You Are: How to Accept Yourself and Others (New edition)



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### Reviews

An exceptional ebook and also the typeface applied was intriguing to read through. I have got read and i also am sure that i am going to likely to go through yet again once more in the foreseeable future. I discovered this pdf from my dad and i advised this ebook to find out.

(Dr. Raven Ledner)

## START WHERE YOU ARE: HOW TO ACCEPT YOURSELF AND OTHERS (NEW EDITION)



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HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Start Where You Are: How to Accept Yourself and Others (New edition), Pema Chodron, Start Where You Are is an indispensable handbook for cultivating fearlessness and awakening a compassionate heart, from bestselling author Pema Chodron. With insight and humour, she presents down-to-earth guidance on how to make friends with ourselves and develop genuine compassion towards others. This book shows how we can 'start where we are' by embracing rather than denying the painful aspects of our lives. Pema Chodron frames her teachings on compassion around fifty-nine traditional Tibetan Buddhist maxims, or slogans, such as: 'Always apply a joyful state of mind', 'Always meditate on whatever provokes resentment' and 'Be grateful to everyone'. Working with these slogans and through the practice of meditation, Start Where You Are shows how we can all develop the courage to work with our own inner pain and discover joy, well-being and confidence.

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