



Practicing Peace (Shambhala Pocket Classic) (Shambhala Pocket Classics)

Pema Chodron

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Inspiring teachings on what each of us can do to promote peace from the inside out--now available as a Shambhala Pocket Classic.

With war and violence flaring all over the world, many of us are left feeling vulnerable and utterly helpless. In this book Pema Chödrön draws on Buddhist teachings to explore the origins of aggression, hatred, and war, explaining that they lie nowhere but within our own hearts and minds. She goes on to offer practical techniques any of us can use to work for peace in our own lives, at the level of our habits of thought and action. It's never too late, she tells us, to look within and discover a new way of living and transform not only our personal lives but our whole world.

This is a pocket-sized reissue of *Practicing Peace in Times of War*.

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