

Living Beautifully: With Uncertainty And Change By Pema Chodron

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Pema Chodron is an American Buddhist nun in the lineage of meditation master Chogyam Trungpa. She is resident teacher at Gampo Abbey, Cape Breton, Nova Scotia, the

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The Buddhist Contemplative Tradition Beloved Buddhist teacher, author, nun and mother, Pema Chodron has inspired millions of people from around the world who have

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