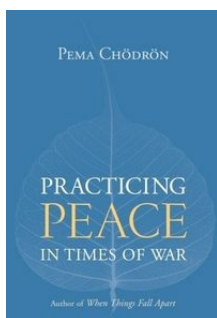


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Author	Pema Chödrön
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When you open yourself to the continually changing, impermanent, dynamic nature of your own being and of reality, you increase your capacity to love and care about other people and your capacity to not be afraid. You're able to...

Reader's Opinions

A Another stellar read by Chodron; this slim volume deals with the difficulties in practicing peace in times of upheaval; while the title at hand does bring to mind the Iraq war, it also deals with anger and stress. i.e., if I get angry at a foul commute, that is not going to help the situation. I love Pema Chodron.