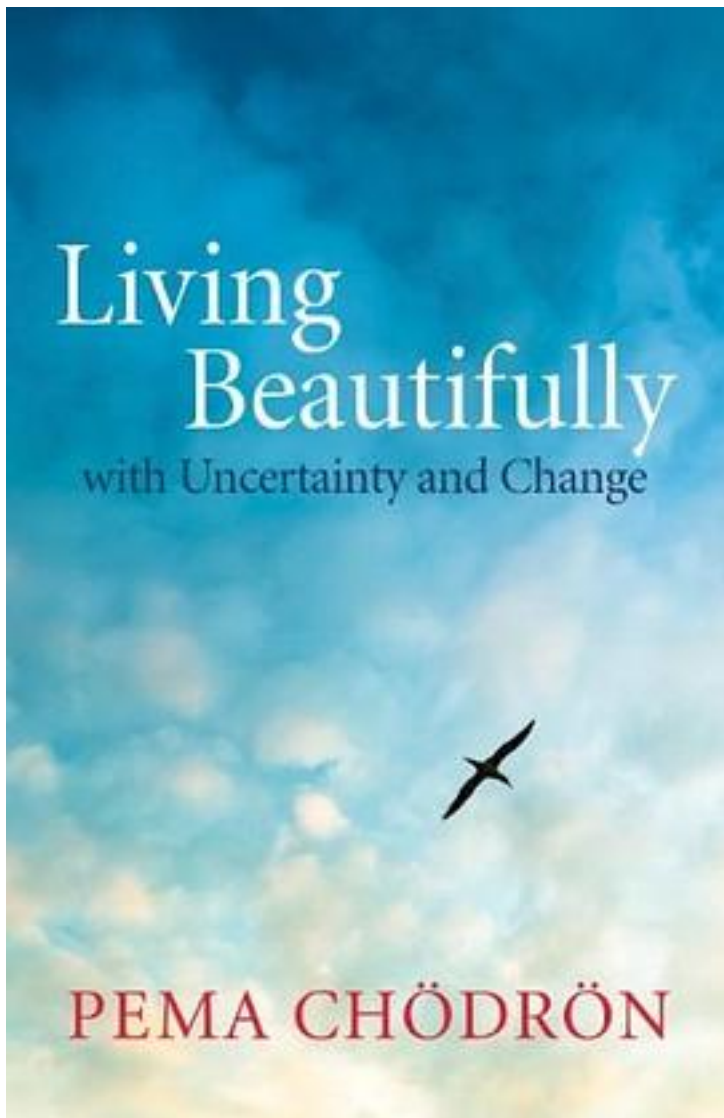


# Living Beautifully



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We live in difficult times. Life sometimes seems like a roiling and turbulent river threatening to drown us and destroy the world. Why, then, shouldn't we cling to the certainty of the shore—to our familiar patterns and habits? Because, Pema Chödrön teaches, that kind of fear-based clinging keeps us from the infinitely more satisfying experience of being fully alive. The teachings she presents here—known as the “Three Commitments”—provide a wealth of wisdom for learning to step right into the river: to be completely, fearlessly present even in the hardest times, the most difficult situations. When we learn to let go of our protective patterns and do that, we begin to see not only how much better it feels to live that way, but, as a wonderful side effect, we find that we begin to naturally and effectively reach out to others in care and support.

作者介绍:

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## 标签

canada

buddhist

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## 评论

跟另外基本重叠太多，说来说去都一样的东西

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又是佛教。信息效率低下，不如直接看罗素，字字珠玑。

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