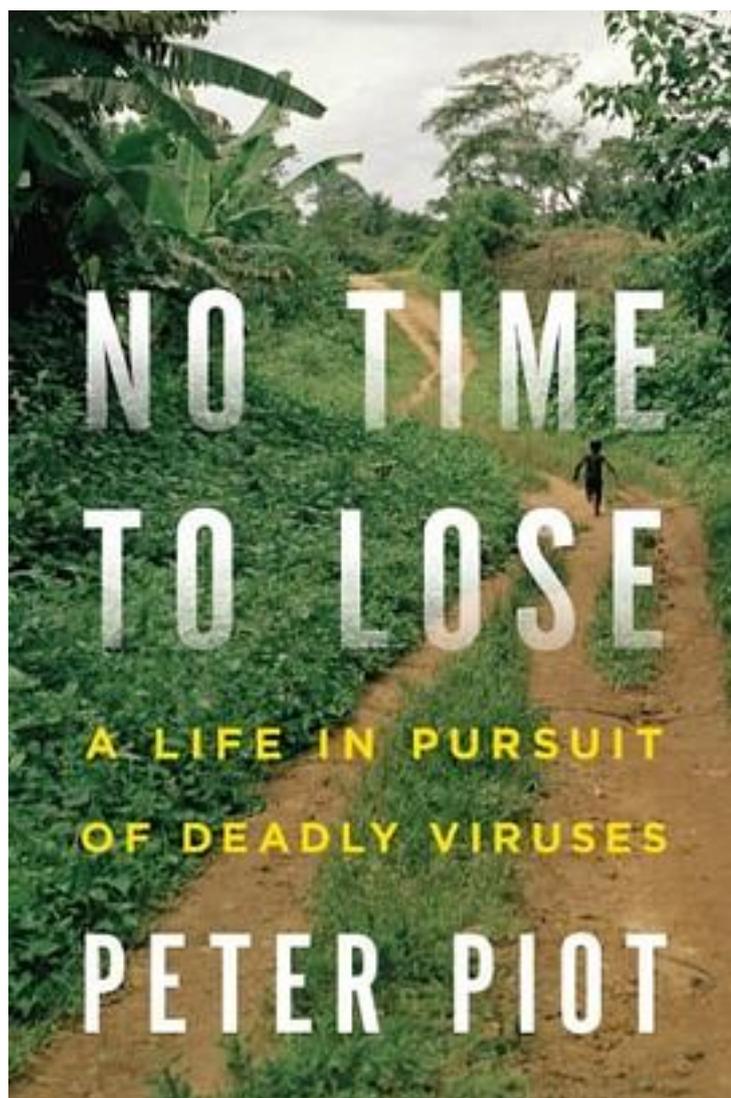


No Time to Lose



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Over the years, Pema Chödrön's books have offered readers an exciting new way of living: developing fearlessness, generosity, and compassion in all aspects of their lives. In *No Time to Lose* Pema invites readers to venture further along the path of the "bodhisattva warrior," explaining in depth how we can awaken the softness of our hearts and develop true confidence amid the challenges of daily living.

Pema reveals the traditional Buddhist teachings that guide her own life: those of *The Way of the Bodhisattva* (*Bodhicharyavatara*), a text written by the eighth-century sage Shantideva. This treasured Buddhist work is remarkably relevant for our times, describing the steps we can take to cultivate courage, caring, and joy—the keys to healing ourselves and our troubled world. Pema offers us a highly practical and engaging commentary on this essential text, explaining how its profound teachings can be applied to our daily lives.

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