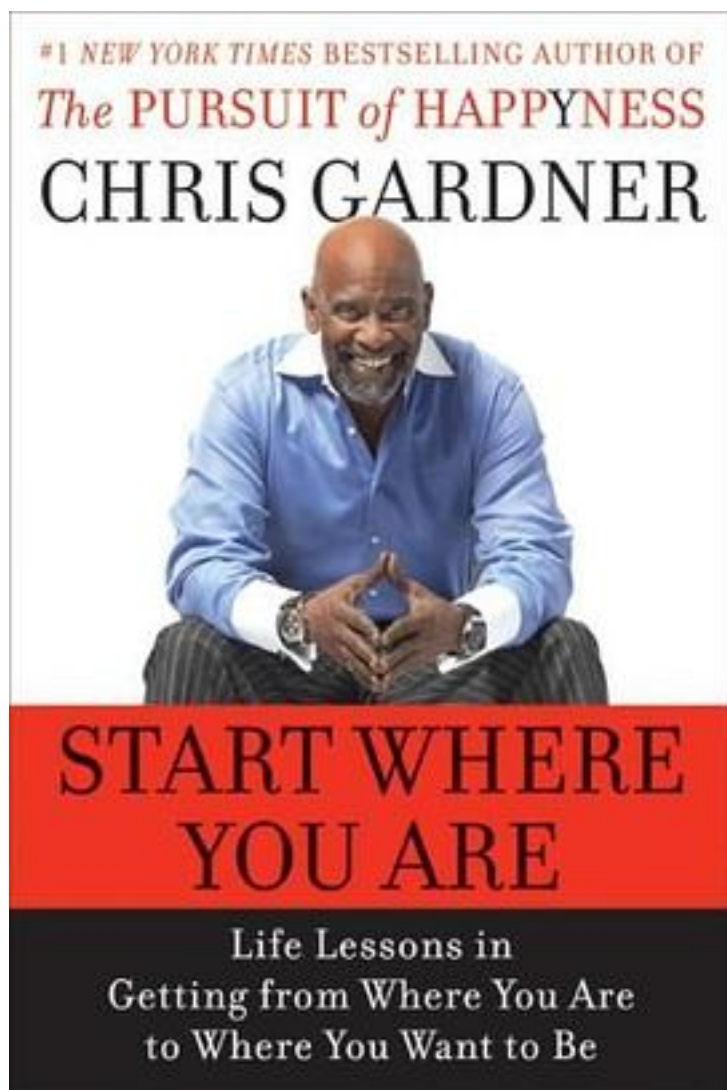


Start Where You Are



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Start Where You Are is an indispensable audiobook for cultivating fearlessness and awakening a compassionate heart. With insight and humor, Pema Chödrön offers guidance on how we can accept our flaws and embrace ourselves wholeheartedly as a prerequisite for developing compassion. Chödrön frames her teachings around fifty-nine traditional Tibetan Buddhist slogans (called lojong in Tibetan), such as: “Always apply only a joyful state of mind” and “Don’t seek others’ pain as the limbs of your own happiness.” Through working with these slogans, we can begin to develop the courage to face our inner pain and thereby discover a wealth of freedom, well-being, and confidence.

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