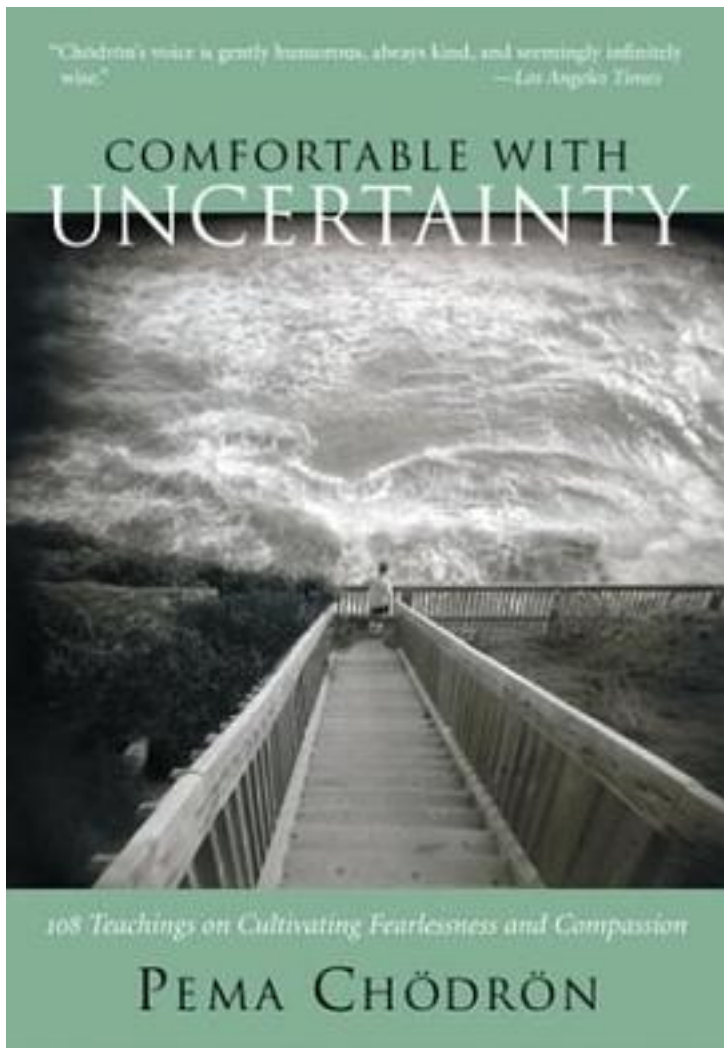


Comfortable with Uncertainty



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著者:Chodron, Pema

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This book by the renowned American Buddhist nun offers short, stand-alone readings designed to help us cultivate compassion and awareness amid the challenges of daily living. More than a collection of thoughts for the day, *Comfortable with Uncertainty* offers a progressive program of spiritual study, leading the reader through essential concepts, themes, and practices on the Buddhist path.

Comfortable with Uncertainty does not assume prior knowledge of Buddhist thought or practice, making it a perfect introduction to Pema Chödrön's teachings on lovingkindness, meditation, mindfulness, "nowness," letting go, and working with fear and other painful emotions. Through the course of this book, readers will learn practical methods for heightening awareness and overcoming habitual patterns that block compassion.

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