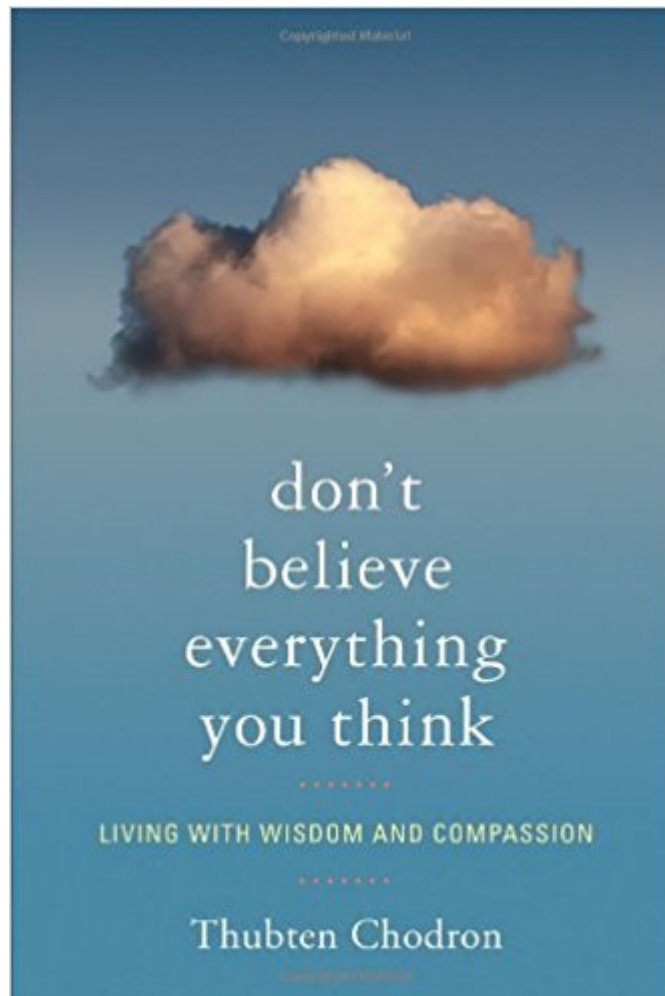




Ebook Directory
the best source of ebook

The book was found

Don't Believe Everything You Think: Living With Wisdom And Compassion



Synopsis

It can be hard for those of us living in the twenty-first century to see how fourteenth-century Buddhist teachings still apply. When you're trying to figure out which cell phone plan to buy or brooding about something someone wrote about you on Facebook, lines like "While the enemy of your own anger is unsubdued, though you conquer external foes, they will only increase" can seem a little obscure. Thubten Chodron's illuminating explication of Togmay Zangpo's revered text, *The Thirty-seven Practices of Bodhisattvas*, doesn't just explain its profound meaning; in dozens of passages she lets her students and colleagues share first-person stories of the ways that its teachings have changed their lives. Some bear witness to dramatic transformations—making friends with an enemy prisoner-of-war, finding peace after the murder of a loved one—while others tell of smaller lessons, like waiting for something to happen or coping with a minor injury.

Book Information

Paperback: 256 pages

Publisher: Snow Lion (January 8, 2013)

Language: English

ISBN-10: 1559393963

ISBN-13: 978-1559393966

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 27 customer reviews

Best Sellers Rank: #512,336 in Books (See Top 100 in Books) #231 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Sacred Writings #584 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #9317 in Books > Self-Help > Personal Transformation

Customer Reviews

"Reading this book will help you become a better, happier person. In it we find a masterpiece of Tibetan spirituality illuminated by the contemporary experiences of people from all walks of life. Venerable Thubten Chodron's clear voice links the challenges of our ordinary lives to the deep insights of the Buddhist mind-training tradition. If you are seeking the Dharma, she is a reliable guide." —Guy Newland, author of *Introduction to Emptiness* "A must-read for aspiring bodhisattvas." —Tenzin Palmo, author of *Reflections on a Mountain Lake* "Ven. Thubten Chodron

has the extraordinary ability to present even the most spiritual teachings simply and directly, in a way that impacts our everyday lives."â Jonathan Landaw, author of Images of Enlightenment

Venerable Thubten Chodron has been a Buddhist nun since 1977 and has studied and practiced Buddhism under the guidance of His Holiness the Dalai Lama, Tsenzhab Serkong Rinpoche, Lama Zopa Rinpoche and other Tibetan masters. She is the founder and abbess of Sravasti Abbey (sravasti.org), a Buddhist monastic community in Washington State, USA.â Ven. Chodron emphasizes the practical application of Buddha's teachings in our daily lives and is especially skilled at explaining them to contemporary readers. She is well-known for her warm, humorous, and lucid teachings. Active in interfaith dialogue, she also does Dharma outreach in prisons and teaches worldwide. Visit thubtenchodron.org to access archives of her extensive teachings, and youtube.com/user/sravastiabbey for daily Dharma talks.â "Venerable Thubten Chodron is someone whose life embodies the virtues of kindness, simplicity and clarity of vision, which lie at the heart of the Buddha's teaching. It is these perennial qualities that shine through her writings and touch the hearts of many readers all over the world." - Thupten Jinpa, author and translator for the Dalai Lama

One of the things I love most about Thubten Chodron's books, and what keeps me coming back, is that she deftly mixes practical application for real life issues with a solid foundation in Mahayana Buddhist thought. It's not an easy balance to strike, but Ven. Chodron does a remarkable job making complex topics approachable without watering them down or making them feel like pop-psychology. The format of this book makes it easy to pick up for short doses of wisdom. Lay practitioners share their experiences understanding and applying Dharma to their daily lives right along side Venerable Chodron's skillful teaching. Highly recommended!

This book explains Dharma teaching and how it applies to real life in a clear and understandable way. I recommend this to those exploring the practice and those who've been practicing a long time.

I read Open Heart, Clear Mind by this author and I loved it. This book was a little over my head. It was way more structured, and honestly, seemed to reach at times. This may be due to my own ignorance. Open Heart, Clear Mind was much more appealing from the layman perspective. This book seemed more "religious," while Open Heart Clear Mind seemed more "spiritual" to me. I hope this helps.

Super great book Venerable Thubten Chodron is a master teacher and you can't go wrong with this book. Don't need to be a Buddhist or understand much about Buddhism to enjoy the practical teachings and lessons in this book. Great book at great price.

An excellent book, helpful to anyone whether you're on a specifically Buddhist path or not. The anecdotes by others are very honest and useful also.

Wonderful dharma manual and text for clearing your mind's afflictions.

It came just as described!

Clear, relevant, written in every day language, emphasising how the dharma is so applicable to modern life. With personal stories as illustration, Thubten Chodron's book is an invitation to live a fruitful life, for oneself and others.

[Download to continue reading...](#)

Don't Believe Everything You Think: Living with Wisdom and Compassion How to Get More out of Being Jewish Even If:: A. You Are Not Sure You Believe in God, B. You Think Going to Synagogue Is a Waste of Time, C. You Think ... Hated Hebrew School, or E. All of the Above! Don't Believe Everything You Think: The 6 Basic Mistakes We Make in Thinking Do You Think What You Think You Think?: The Ultimate Philosophical Handbook The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) The Life-Changing Magic of Not Giving a F*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do The Life-Changing Magic of Not Giving a F*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (A No F*cks Given Guide) You Don't Know What You Don't Know: Everything You Need to Know to Buy or Sell a Business Impossible Compassion: Use The Compassion Key to Un-Create Disease, Save the Environment, Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else Impossible Compassion: Using The Compassion Key to Un-Create Disease, Save the Environment, Transform Relationships and Do All Sorts of Other Good Things for Ourselves and Everyone Else The Ultimate Guide to Business Insurance - Restaurant Edition. If You Think You Are Not Liable, Think Again The Faith: What Christians Believe, Why They Believe It, and Why It Matters Why We Believe

What We Believe: Uncovering Our Biological Need for Meaning, Spirituality, and Truth Don't Know
Much About History, Anniversary Edition: Everything You Need to Know About American History but
Never Learned (Don't Know Much About Series) Don't Trust, Don't Fear, Don't Beg: The
Extraordinary Story of the Arctic 30 UFOs, JFK, and Elvis: Conspiracies You Don't Have to Be
Crazy to Believe PRETTY GIRL: How To Be Really Pretty, Even If You Don't Think You Are The
Calm Buddha at Bedtime: Tales of Wisdom, Compassion and Mindfulness to Read with Your Child
Messages From The Masters: A Round Table of Wisdom, Love, Compassion and Creativity
Approaching the Buddhist Path (The Library of Wisdom and Compassion)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)