



Living Beautifully: with Uncertainty and Change (Shambhala Library)

Pema Chodron

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Living Beautifully: with Uncertainty and Change (Shambhala Library) Pema Chodron
The best-selling author and spiritual teacher shares practices for living with wisdom and integrity even in confusing and uncertain situations—now available as a Shambhala Library edition.

Is it possible to live well when the very ground we stand on is shaky? Yes, says everyone's favorite Buddhist nun, it's even possible to live beautifully, compassionately, and happily on shaky ground--the secret being that the ground is *always* shaky beneath us, and everyone who has ever learned to be happy has done so with that understanding. Pema Chödrön presents a simple Buddhist practice that we can use to commit ourselves to a life of profound sanity, even when it seems like there's only nonsanity all around us. Using this practice, called the Three Commitments, can really change things.

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