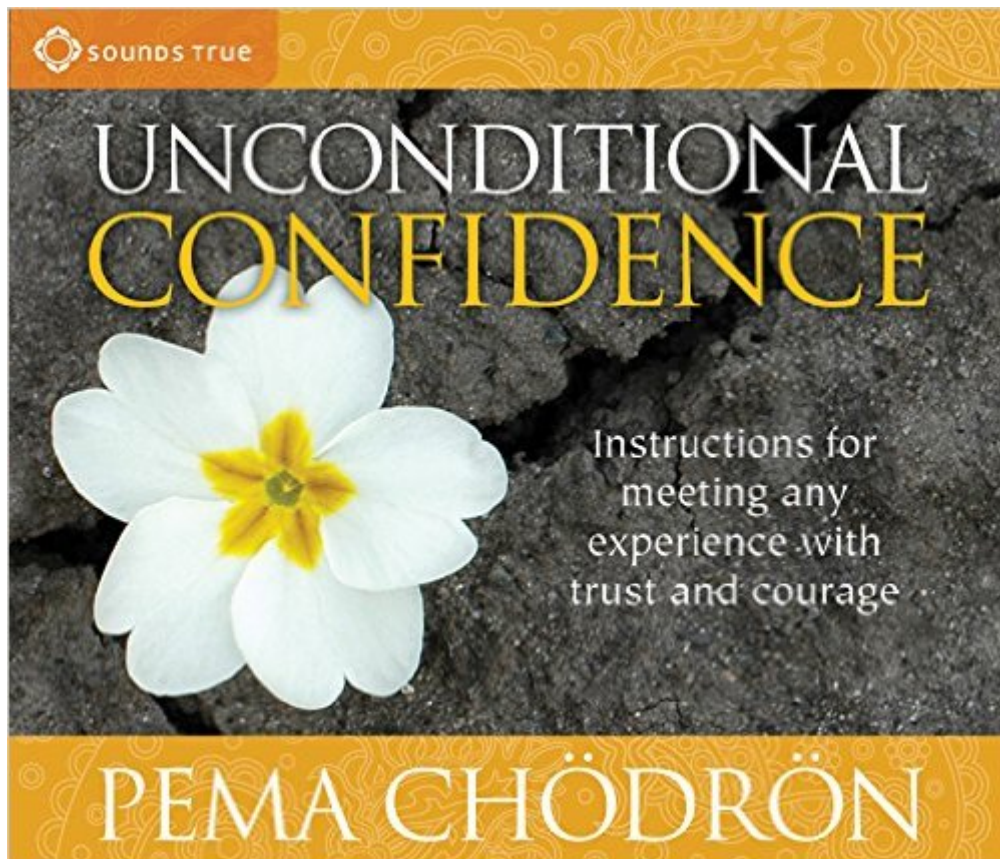


The book was found

Unconditional Confidence: Instructions For Meeting Any Experience With Trust And Courage



Synopsis

Pema Chödrön is one of today's leading meditation teachers. With more than one million books sold to date, she draws sold-out crowds across the U.S. and Canada. On *Unconditional Confidence* she offers two accessible sessions to help anyone find courage in times of challenge and change. Featuring a three-step method for learning to work with uncertainty and fear and an exclusive interview, this liberating program offers practical tools and teachings that explore: True confidence and how to cultivate the trust that makes it possible • Shaky tenderness, the first step to developing strong and consistent bravery Practical steps to leap into, smile at, and experience all of life—even when fear is present • For us to be of benefit to each other in times of challenge or any other—we need to be able to tap into genuine confidence, teaches Pema. *Unconditional Confidence* offers timeless wisdom and inspiration for developing this courageous skill for whatever life presents us.

Book Information

Audio CD

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (45 customer reviews)

Best Sellers Rank: #50,576 in Books (See Top 100 in Books) #51 in [Books > Books on CD > Health, Mind & Body > Self Help](#) #52 in [Books > Books on CD > Religion & Spirituality > General](#) #55 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

Customer Reviews

This 2-CD set is a gem. If you are a fan of Pema, then you are probably going to buy this because you buy all her CDs. Well, you are in for a special treat. While the first CD is a lecture, the second CD is an interview of Pema by Tami Simon. You may recognize her voice because she often does the intros and because she is the reader for *Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion [COMFORTABLE W/UNCERTAINTY]* ~ one of my favorites. I thought that I would not like an interview, but I love it. Pema opens up about herself in a very personal way, maybe because she is only talking to one person. She talks about not

meditating, which addresses my own guilt about not doing it. (It's okay not to meditate, but meditating develops the discipline to stay with uncomfortable feelings.) Her quiet non-judgmental voice opens up our hearts to listen to the intent behind her words. I should mention that the first CD is wonderful. She addresses facing fear in this new political/economic climate. It is a short session. She does not discuss how to sit in meditation. There are no references to tonglen practice, which is what first drew me to Pema. For these reasons, this is not the set I would recommend to first-time Pema buyers. I started with The Pema Chodron Audio Collection: Pure Meditation: Good Medicine: From Fear to Fearlessness Perhaps others can recommend different "starter kits."

Here is a wonderful audio book filled with gentle wisdom for transforming all of life's experiences into occasions for spiritual growth. If you (like me) sometimes feel like you relate to life more from a position of fear or anxiety than from a place of deep trust and confidence, then this teaching program just might inspire you to cultivate courage in your own life. Unconditional Confidence is really two programs on two CDs. The first disc features a talk given by Buddhist teacher Pema Chodron before a live audience; the second features a more intimate approach to the topic, in which Pema is interviewed by Sounds True owner Tami Simon. The first disc provides the message of "unconditional confidence" in a more formal way; the interview functions as a "behind the scenes" look at the wisdom and life experience that helped to shape Pema and her message. And what is her message? Simply put, that if we choose to approach all of life mindfully, we can learn to trust and relax into anything that comes our way -- even times of suffering, or anxiety, or stress. Any experience that arises is an opportunity to learn non-attachment, to practice gentleness and mindful awareness, and to cultivate a spirit of trust and basic friendship toward ourselves (even our failings) and our experiences. "Unconditional confidence" does not mean living a robotic life in which we never feel doubt or fear or disappointment, but rather a mindful and "heartful" life in which even the challenges that come our way are seen as dharma -- as occasions to grow. Pema Chodron is a wise and warm teacher, and her down-to-earth manner makes her message accessible and inviting.

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Keep Talking German Audio Course - Ten Days to Confidence: Advanced beginner's guide to speaking and understanding with confidence (Teach Yourself: Keep Talking)
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