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Bought in a hotly contested auction, *The Places That Scare You* is now available in massmarket, taking Pema Chödrön 's spiritual teachings to a wider audience. We always have a choice, Pema Chödrön teaches: we can either let the circumstances of our lives harden us and make us increasingly resentful and afraid, or we can let them soften us and make us kind. This unique book shows us how ...

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anxiety and depression and this book has some great advice on dealing with the world around you in a different way. It focuses on Mindfulness style of looking at the world and really helps. If you are on the fence ...

**Places That Scare You:**  
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By Brian Johnson | May 2011

Pema Chödrön is an American Buddhist nun whose simple, powerful book, *The Places That Scare You*, offers a “guide to fearlessness in difficult times” – the kind that all of us must confront at intervals throughout our lives. Here’s just a little of her essential wisdom.

### **The Places That Scare You - Experience Life**

– Pema Chodron, *The Places That Scare You: A Guide to Fearlessness in Difficult Times*. 21 likes. Like “we can let the circumstances of our lives harden us so that we become increasingly

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resentful and afraid, or we can let them soften us and make us kinder and more open to what scares us. We always have this choice." – Pema Chödrön, *The Places That Scare You: A Guide to Fearlessness* i

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**Amazon.co.uk: the places that scare you**

“You have to go to the places that scare you so that you can see: What do you really believe? Who are you really?” Understanding trumps compassion at this point. When people are forcing you out of your home, starving your children, destroying your planet—you should bring understanding of them to bear. Not everybody is loving of children, not everybody cares about the ocean. I think if we ...

**Alice Walker: “Go to the**

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2) Approach what you find

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repulsive 3) Help those you  
think you cannot help 4)  
Anything you are attached  
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