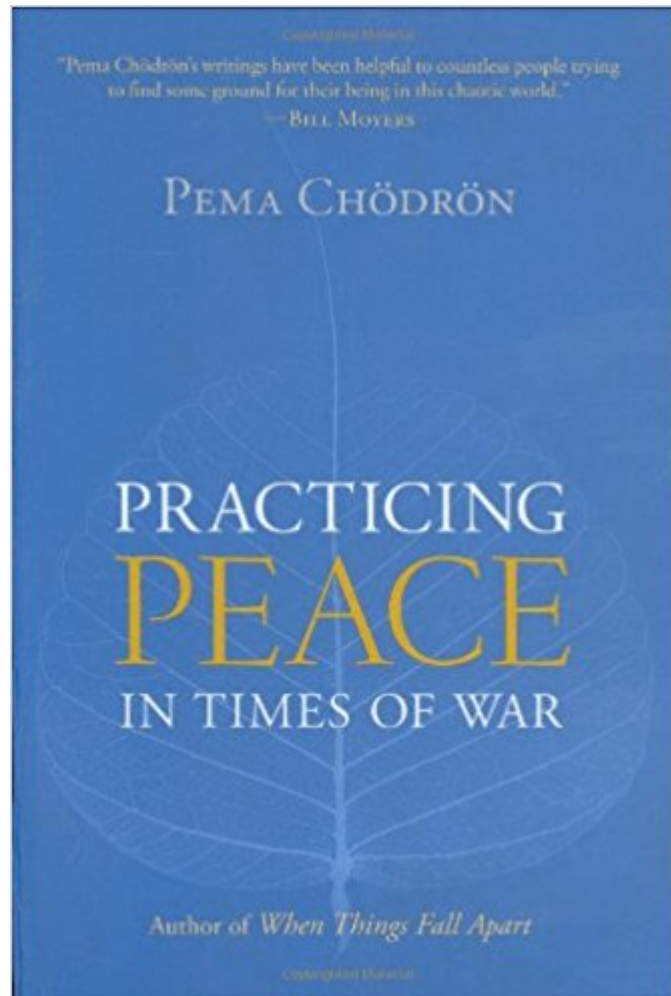




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# Practicing Peace In Times Of War



## Synopsis

With war and violence flaring all over the world, many of us are left feeling vulnerable and utterly helpless. In this book Pema Chödrön draws on Buddhist teachings to explore the origins of aggression, hatred, and war, explaining that they lie nowhere but within our own hearts and minds. She goes on to explain that the way in which we as individuals respond to challenges in our everyday lives can either perpetuate a culture of violence or create a new culture of compassion. "War and peace begin in the hearts of individuals," declares Pema Chödrön at the opening of this inspiring and accessible book. She goes on to offer practical techniques any of us can use to work for peace in our own lives, at the level of our habits of thought and action. It's never too late, she tells us, to look within and discover a new way of living and transform not only our personal lives but our whole world.

## Book Information

Paperback: 112 pages

Publisher: Shambhala; 1st Pbk. Ed edition (September 11, 2007)

Language: English

ISBN-10: 1590305000

ISBN-13: 978-1590305003

Product Dimensions: 4.7 x 0.4 x 6.7 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 70 customer reviews

Best Sellers Rank: #78,958 in Books (See Top 100 in Books) #44 in Books > Politics & Social Sciences > Politics & Government > Specific Topics > War & Peace #87 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #523 in Books > Self-Help > Spiritual

## Customer Reviews

This gifty little book by the American Buddhist nun Chödrön is a solid reinforcement of what she has been saying for many years and in many books. Here, her focus is on the relationship between aggression within and the aggression that fuels war. Chödrön begins with some disquieting observations, such as that we can all be fundamentalists—that is, self-righteous and closed-minded—and that peace demonstrators are not terribly peaceful. Like other Buddhist teachers on the subject of political action, she sees a direct connection between what is in the heart and expressed in outward actions. She teaches how to stop the reflexive and habitual

emotional reaction to perceived hostility through patience, pausing, breathing. It's not easy, but it is simple. ChÃfÂ¶drÃfÂ¶n is also provocative: insecurity has a positive function, she suggests, so don't run away from it. Some of what this skillful teacher says is almost too simple or underexplained, which can happen when a talk becomes a book, as is the case here. "Don't spin off" is a condensed instruction that is a little too condensed. While it may intrigue beginners, this book will be a better gift for those who are already familiar with ChÃfÂ¶drÃfÂ¶n's body of work. (Sept. 5) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

“A solid reinforcement on how to stop the reflexive and habitual emotional reaction to perceived hostility through patience, pausing, and breathing. It's not easy, but it is simple.” Publishers Weekly “In her timely new book, Pema ChÃfÂ¶drÃfÂ¶n offers her insights on the origins of world conflict. Anger originates in our own hearts, she asserts, not on the battlefield. Only by checking our aggression on a personal level can we hope to sow the seeds of peace.” Body & Soul “Pema ChÃfÂ¶drÃfÂ¶n's writings have been helpful to countless people trying to find some ground for their being in this chaotic world.” Bill Moyers

Perfect size to fit in my lunch bag to read on break. I work in the acute care unit of a busy hospital, and REALLY need to be reminded to practice peace midway through the day - some people are REALLY annoying and/or crazy. This book helps bring me in for a landing, self correct as needed, and be able to enjoy the rest of my day. There is no better writer than Pema.

This little gem feels like a summing up, a condensation of the big ideas Pema teaches, without the more detailed and lengthy unpacking she does so well in her other books. I don't know how well I would have done if it were one of my first dharma books, but when I read it now it pulls up and pulls together things I have been exploring for many years. As always Pema is clear and kindly.

I enjoy Pema Chodron's writings. I own just about every book she has written. Like her mentor she has a way of putting the concepts of Buddhism into a simple understandable language. I also enjoy that she appreciates that many of us have to live in a world that is : super capitalistic, attention deficit ridden, compassionless, ideologically driven, insane society. She provides the tools to help your practice. and to be mindful in everyday living.

I've been close to suicide for too long. Then, I happened to notice this author, and thought I'd give this book a go. What did I have to lose? Well, I lost one thing... anger. I gained so much after reading this book. I learned to be kinder to myself, which has helped me be kinder to others. Reading this book helped me get myself back.

I love this little book. Although I have read several of Pema's books, this one has a special place in my heart. I've given several copies away to friends.

I was surprised to find that this was a "tiny" book but really love it. You can carry it in your purse. I read it at bedtime as it is so calming in these difficult times. Every part is relevant for today but can be applied to all aspects of your life not just peace in the global meaning. I highly recommend it. One of Pema's best.

I bought the pocket version so I could carry it in my lunch bag. I have a very stressful job in a large hospital and some days it seems like everyone in my path got up on the wrong side of bed that morning. All I need to do is read a few pages of this book and it brings me back down to earth and levels me off. It has enabled me to overlook bad behavior more than once, and actually stay relatively peaceful through the day. Loved it.

I love the book but it is a duplicate of "Practicing Peace in Times of War." Silly me, I did not realize that it was the same book. However, I was able to give it to a friend so all is well in the Universe.

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