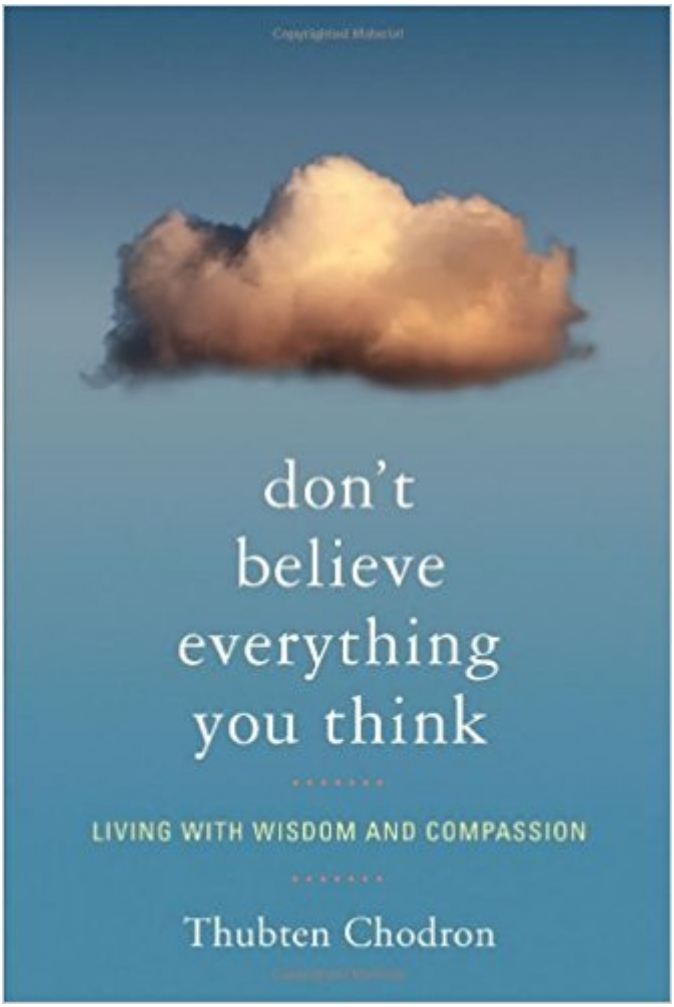
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Don't Believe Everything You Think: Living With Wisdom And Compassion



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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 youÃ¢â ¬â„¢re trying to figure out which cell phone plan to buy or brooding about something someone wrote about you on Facebook, lines like Ã¢â ¬Å“While the enemy of your own anger is unsubdued, though you conquer external foes, they will only increaseÃ¢â ¬Â• can seem a little obscure. Thubten ChodronÃ¢â ¬â„¢s illuminating explication of Togmay ZangpoÃ¢â ¬â„¢s revered text, The Thirty-seven Practices of Bodhisattvas, doesnÃ¢â ¬â„¢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 transformationsÃ¢â ¬â •making friends with an enemy prisoner-of-war, finding peace after the murder of a loved oneÃ¢â ¬â •while others tell of smaller lessons, like waiting for something to happen or coping with a minor injury.

Book Information

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Customer Reviews

Ã¢â ¬Å“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 ChodronÃ¢â ¬â„¢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.Ã¢â ¬Â•Ã¢â ¬â •Guy Newland, author of Introduction to EmptinessÃ Â "A must-read for aspiring bodhisattvas."Ã¢â ¬â •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."Ã¢â ¬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, Tsenzhap 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.Ã 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.Ã 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 excellant 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 minds 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 Chodon’s book is an invitation to live a fruitful life, for oneself and others.

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