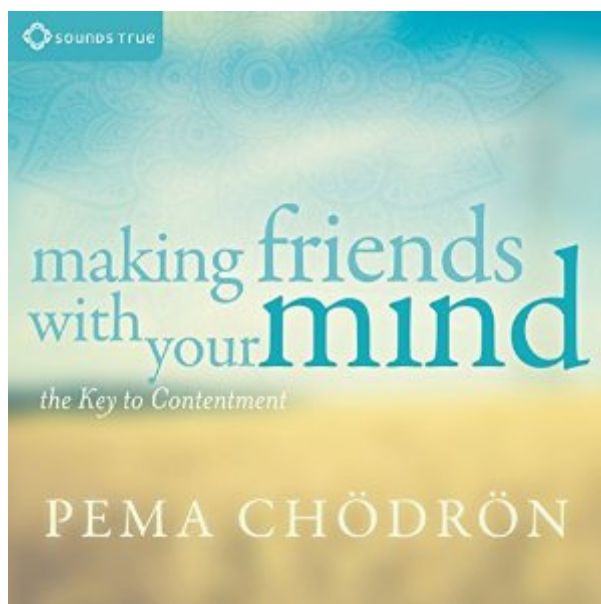


The book was found

Making Friends With Your Mind: The Key To Contentment



Synopsis

Have you ever found yourself thinking your way into a tangle of fret, frustration, or gloom? And then something small - a few kind words, the sun glancing through the clouds, a warm cup of tea - gave you a welcome pause from all your inner chatter? With *Making Friends with Your Mind*, that's what Pema Chödrön helps us to do, not by chance but with our full intention: to stop fighting with our thoughts and reopen ourselves to wonder as naturally as we breathe. The Buddha saw that the human experience is full of drama: confusion and conviction, joy and sorrow, success and failure - and that our minds love to amplify all of it. "We decide somebody or something is a certain way," muses Pema Chödrön, "and then that judgment gets frozen and fixated, long after things change. And things always change, right?" In these free-spirited sessions, Ani Pema helps you to bring awareness to those inflexible thoughts and sticking points. Through meditations, daily practices, and the kind of simple pointers that can change our lives, you'll learn that it is entirely possible to return to the flow and freedom of your experiences - and to find your way each day closer to a place of unconditional friendliness with yourself and with those in need.

Book Information

Audible Audio Edition

Listening Length: 4 hours and 32 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: September 1, 2016

Language: English

ASIN: B01KTXIQQ2

Best Sellers Rank: #12 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #47 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult #52 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism

[Download to continue reading...](#)

Making Friends with Your Mind: The Key to Contentment Nora Roberts Key Trilogy CD Collection: Key of Light, Key of Knowledge, Key of Valor Calm My Anxious Heart: A Woman's Guide to Finding Contentment (TH1NK Reference Collection) Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence The Art of Living: A Guide to Contentment, Joy and Fulfillment The Rare Jewel of Christian Contentment How to Meditate: A Practical Guide to Making Friends

with Your Mind Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind
Jewelry Making & Etsy Business Box Set: Jewelry Making Instructions and Useful Tips to Guide
You Through How to Start Your Etsy Business (Jewelry Making ... Selling Etsy, Esty Selling
Success) The Hebrew-Greek Key Word Study Bible: KJV Edition, Hardbound (Key Word Study
Bibles) Pass Key to the ASVAB, 8th Edition (Pass Key to the Asvab (Barron's)) Cinema Studies:
The Key Concepts (Routledge Key Guides) Fruit Key and Twig Key to Trees and Shrubs Key
Concepts in Event Management (SAGE Key Concepts series) Master Piano Chords By Key And
Give Yourself A Big Advantage When Playing, Learning Or Writing Songs (What Chords Are In
What Key And Why?) Key of Valor (Key Trilogy) Key of Light (Key Trilogy) Key to Fractions: Answer
Key and Notes (for Books 1-4) Plato's Academy and the Eternal Key (The Eternal Key Series Book
1) Plato's Academy and the Eternal Key (The Eternal Key Series) (Volume 1)

[Dmca](#)