

# FULL BOOK Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion

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108 practical teachings for cultivating mindfulness and compassion in the face of fear and uncertainty, from the author of When Things Fall Apart Comfortable with Uncertainty offers short, stand-alone readings designed to help us cultivate compassion and awareness amid the challenges of daily living. More than a collection of thoughts for the day, it offers a progressive program of spiritual study, leading the reader through essential concepts, themes, and practices on the Buddhist path. Readers do not need to have prior knowledge of Buddhist thought or practice, making Comfortable with Uncertainty a perfect introduction to Pema Chdrn's teaching. It features the most essential and stirring passages from Chdrn's previous books, exploring topics such as lovingkindness, meditation, mindfulness, "nowness," letting go, and working with fear and other painful emotions. Through the course of this book, readers will learn practical methods for heightening awareness and overcoming habitual patterns that block compassion.

tags:

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