



Don't Believe Everything You Think: Living with Wisdom and Compassion

Bhikshuni Thubten Chodron

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It can be hard for those of us living in the 21st century to see how 14th-century Buddhist teachings still apply. When you're trying to figure out which cell phone plan to buy or brooding about something someone wrote about you on Facebook, lines like "While the enemy of your own anger is unsubdued, though you conquer external foes, they will only increase" can seem a little obscure. Thubten Chodron's illuminating explication of Togmay Zangpo's revered text, *The Thirty-Seven Practices of Bodhisattvas*, doesn'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 transformations - making friends with an enemy prisoner-of-war, finding peace after the murder of a loved one - while others tell of smaller lessons, like waiting for something to happen or coping with a minor injury.

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Tony Edwin:

Exactly why? Because this Don't Believe Everything You Think: Living with Wisdom and Compassion is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will shock you with the secret that inside. Reading this book close to it was fantastic author who write the book in such awesome way makes the content interior easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have got such as help improving your skill and your critical thinking way. So , still want to postpone having that book? If I had been you I will go to the e-book store hurriedly.

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