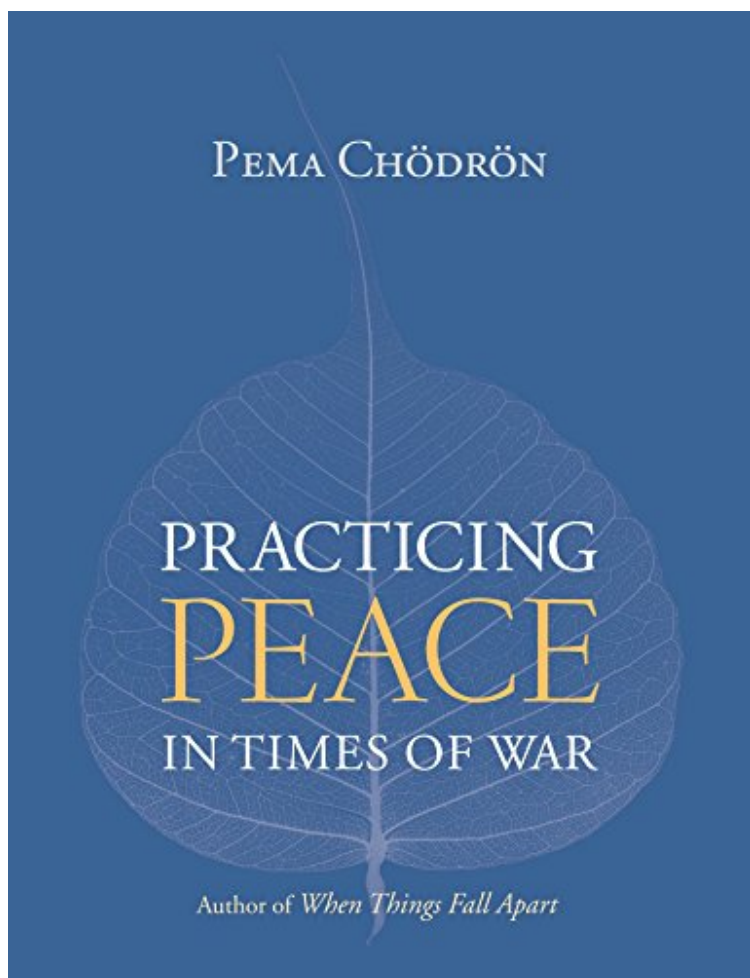


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# Practicing Peace in Times of War



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## Description :

Présentation de l'auteur With war and violence flaring all over the world, many of us are left feeling vulnerable and utterly helpless. In this book Pema Chodron 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 Chodron 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. Revue de presse "A solid reinforcement on how to stop the reflexive and habitual emotional reaction to perceived hostility through patience, pausing, breathing. It's not easy, but it is simple." Publishers Weekly "In her timely new book, Pema Chodron 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 Présentation

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