

[PDF] Unconditional Confidence: Instructions For Meeting Any Experience With Trust And Courage

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Description:

About the Author Pema Chödrön is an American-born Buddhist nun who has authored several books including the bestseller When Things Fall Apart (Shambhala,2002), Start Where You Are(Shambhala, 2001), and The Places That Scare You (Shambhala, 2007). Her most recent book is

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