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# Summary Of When Things Fall Apart: By Pema Chodron: Includes Key Takeaways & Analysis



## Synopsis

"The most difficult times for many of us, are the ones we give ourselves." "The most fundamental aggression to ourselves, the most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently." "We don't set out to save the world; we set out to wonder how other people are doing and to reflect on how our actions affect other people's hearts." "When we protect ourselves so we won't feel pain, that protection becomes like armor, like armor that imprisons the softness of the heart." Don't miss Pema Chodron's in-depth look at fear, suffering, loneliness, and the Buddhist-inspired teachings that can help you become the best version of yourself. Accepting the struggle is part of transcending it, and this audiobook will show you how you can do that. What will you learn from listening to this audiobook? You will learn about compassion You will learn about suffering, death, and discomfort You will learn about meditation You will learn how to live in the present moment You will learn how to be gentle towards yourself You will learn about the path You will learn about fear of death and existence/life You will learn about the four maras Audiobook Summary Overview Chodron utilizes the Buddhist teachings on suffering and death, in order to come to terms with struggle, loss, and unhappiness in her own life. This audiobook will teach you how you can do the same. Suffering is caused by our perceptions and opinions. We must not run away from suffering, as it only brings us closer to the suffering we are avoiding. It teaches us about compassion, and how it is directed not only to others, but also to ourselves. This audiobook incorporates teachings of the Buddha into its discourse such as suffering, dharma, and tonglen. Listening to it will give you new perspective on the meaning of fear, how it is a vital part of our existence, and how to be kinder to yourself. When Things Fall Apart, will make you feel instantly better about your place in the world, and within yourself.

## Book Information

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