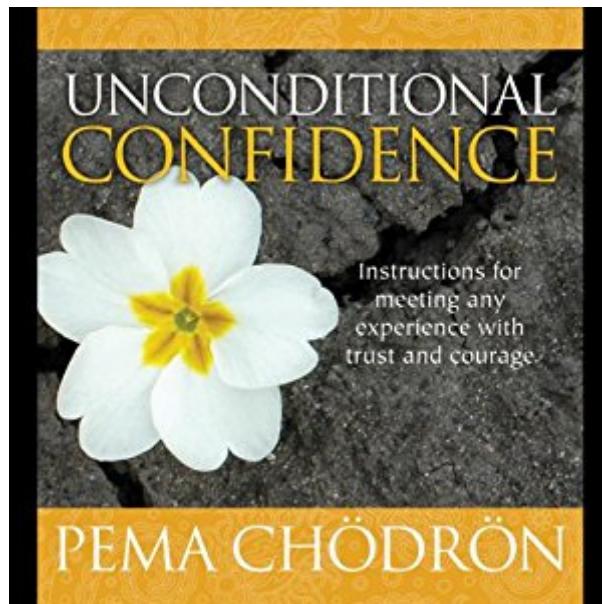


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# Unconditional Confidence



## Synopsis

Pema Chödrön is one of today's leading meditation teachers. With more than one million books sold to date, she draws sold-out crowds across the U.S. and Canada. On *Unconditional Confidence* she offers two accessible sessions to help anyone find courage in times of challenge and change. Featuring a three-step method for learning to work with uncertainty and fear and an exclusive interview, this liberating program offers practical tools and teachings that explore: True confidence and how to cultivate the trust that makes it possible  
"Shaky tenderness," the first step to developing strong and consistent bravery  
Practical steps to "leap into, smile at, and experience all of life" even when fear is present  
"For us to be of benefit to each other" in times of challenge or any other  
"we need to be able to tap into genuine confidence," teaches Pema.  
*Unconditional Confidence* offers timeless wisdom and inspiration for developing this courageous skill for whatever life presents us. --This text refers to the Audio CD edition.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 11 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Sounds True

Audible.com Release Date: February 2, 2010

Language: English

ASIN: B0036ZK3DU

Best Sellers Rank: #60 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #309 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism #822 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

## Customer Reviews

I love Pema yet I'm struggling quite a bit with this one. The content is good, however, for some reason there is a lot of "wet mouth" noises like there's excess saliva when she speaks and I'm having trouble focusing on the content when I can't get past the noises. I have misophonia. I have another CD by Pema and this noise isn't there, so I think it's just the way it was recorded. Anyway, I've had to listen to it several times to get anything out of it and what I have gleaned from it has been great. If you struggle with misophonia (an irrational aversion to and complete distraction by mouth

noises), I would recommend that you unfortunately skip this one. If you don't have this issue - go for it - you can't go wrong with Pema - she's a terrific teacher!

"Morph touching the breath is an attitude is light and open awareness, discipline and kindness at the same time. This is the key to unconditional confidence. What if you are down the drain? Oh good, now I can see how to be gentle to myself an opportunity to free myself. It is a result of years of practice. Moods and emotions arise and being harsh on oneself and being worked up happens, then one would let the storyline go and that is through meditation. Restlessness and tangible heat is coming to the experience: first is to acknowledge, question, what is it serving to free anger? Shine light on what is happening, develop unconditional friendship this is just the nature of humankind. Interrupt the moment and stay and present to the uncomfortable tug of me, and stay worth myself. Practice experience the space around the emotions through visualization. It is a wide open ended dynamic." These are a few gems by Pema Chodron. "Punctuate with space and pause, it is not magic, it is honoring creative visual energy of wakefulness. Everything is impermanent, what keeps it frozen is the storyline that fuels it leading to self-criticism. This path is not about cultivating one part of ourselves but staying open and receptive to ourselves and stay with it. This is good listening without doing anything, feel naked and bodily experience of feeling and insight on worthiness and lovability. The only way out is through dynamic energy of life. Threatening and unpleasant through running away, but there is no real dark side just an energy, confidence in goodness and intelligence and openness. No caring about success and failure just joy. Less of me the happier, that is unconditional confidence." The experience of this talk was lightening up to me and translates to friendship with all the people.

Due to this tape, I was able to move through being ill away from home, in a foreign country, meeting the discomforts of feeling lousy and resenting the hell out of being sick, etc..and so forth with some equanimity. Along with "Don't Bite the Hook" I have taken another step towards realizing my own confidence. Unconditional? Hmm. That is a big word. Quite pleased with where I am right now!

I LOVE Pema! Her words have changed not only my life, but my husbands, and our marriage! I have read "Taking the Leap" and several other books, the CD "Don't Bite the Hook" is the only one I have. I wanted to listen to something to continue my spiritual exploration and chose this one because it appeared to have more discussion and less about the ins and outs of learning to meditate. I was disappointed. The discussion sections are VERY short and are more like soundbites

than in depth study and teaching. Out of 19 'sections' 6 are less than 5 minutes! 5 are less than 7 minutes! The longest one is under 11 minutes. These short little blips cannot really give a sense of continuity and are more like sound bytes than instruction. The second disk is an interview and although the questions are somewhat relevant, they take up time and I would have much preferred more of Pema's talk than short answers to specific questions. Far too often, someone who is good as a teacher allows some other to 'handle' the commercial side of their talent and what ends up happening is that their message becomes lost in the commercialism and hype found necessary for the company to make money. I do not believe that I am listening to what Pema's choice would be in communicating her message. I MAY try another disk but I think I'll shoot for an older production rather than a newly produced one.

In the interest of full disclosure, I have read and listened to Pema Chodron before and never feel that enriched. Bought this in a time of great problems in my family and was disappointed. Perhaps if you are dealing with interpersonal conflict this might be a good match but when encountering painful times, I would not recommend this.

If you are familiar with her teachings as I am it is more of a refresher program. One of the major bullet points is our everyday uncertainty and how to effectively manage. I have many books of Pema Chodrons but it always helps to listen especially on the way to work to her teachings. I highly recommend/

I have listened to several CD series by Pema Chodron. Although some of the same themes are repeated in the various talks, I always come away with either new insights or a deeper understanding of the ideas she has discussed before. This is important when considering how abstract the subject of personal growth can be. Yet she gives very practical advice about how to incorporate these ideas into our lives. She presents her ideas as clearly as possible in a very soothing, reassuring, believable manner based on her own experiences as a student, teacher and practitioner.

An excellent reminder of how to tap into our strength in times of hardship. Very practical explanations of how we get "stuck" and how to get "unstuck".

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Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your

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