



Pema Chodron 2010 Wall Calendar: Awakening the Heart

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Best-selling author Pema Chodron is a leading exponent of teachings on meditation and how they apply to everyday life. She is widely known for her charming and down-to-earth interpretation of Tibetan Buddhism for Western audiences. Pema studied under the meditation master Chogyam Trungpa Rinpoche and is the resident teacher at Gampo Abbey in Cape Breton, Nova Scotia, the first Tibetan monastery for Westerners. Pema Chodron: Awakening the Heart 2010 wall calendar features quotes from Ms. Chodron's book *The Places That Scare You*, which is designed to help us cultivate compassion and awareness within the challenges of daily life. These insightful quotes are paired with the beautifully evocative and meditative nature photography of Frans Lanting. Ms. Chodron has authored several best-selling books, including *Comfortable with Uncertainty*, *When Things Fall Apart* and *Start Where You Are*.

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