



## Quando tudo se desfaz (Portuguese Edition)

*Pema Chödrön*

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# Quando tudo se desfaz (Portuguese Edition)

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## **Quando tudo se desfaz (Portuguese Edition)** Pema Chödrön

A felicidade está ao nosso alcance, e no entanto, tantas vezes a perdemos de vista, ironicamente na tentativa de evitar dor e sofrimento. O texto radical e compassivo de Pema Chödrön vem de encontro às nossas expectativas e hábitos de contuta "quando tudo se desfaz" e nos confronta com a sabedoria Budista. Existe somente uma atitude em relação ao sofrimento, ensina Pema e essa atitude é a que caminha na direção das situações difíceis com afabilidade e curiosidade, se deixando levar pela insegurança da situação. É ali, no meio do caos, que descobrimos a verdade e o amor indestrutíveis.

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