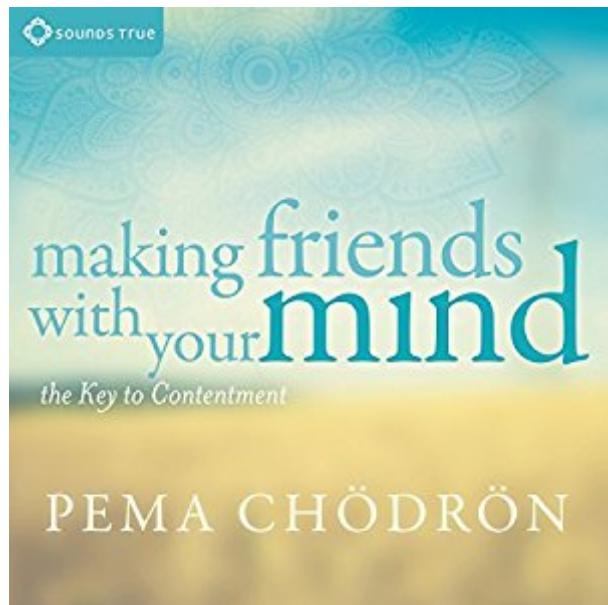


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# Making Friends With Your Mind: The Key To Contentment



## Synopsis

Have you ever found yourself thinking your way into a tangle of fret, frustration, or gloom? And then something small - a few kind words, the sun glancing through the clouds, a warm cup of tea - gave you a welcome pause from all your inner chatter? With *Making Friends with Your Mind*, that's what Pema Chāfā¶drāfā¶n helps us to do, not by chance but with our full intention: to stop fighting with our thoughts and reopen ourselves to wonder as naturally as we breathe. The Buddha saw that the human experience is full of drama: confusion and conviction, joy and sorrow, success and failure - and that our minds love to amplify all of it. "We decide somebody or something is a certain way," muses Pema Chāfā¶drāfā¶n, "and then that judgment gets frozen and fixated, long after things change. And things always change, right?" In these free-spirited sessions, Ani Pema helps you to bring awareness to those inflexible thoughts and sticking points. Through meditations, daily practices, and the kind of simple pointers that can change our lives, you'll learn that it is entirely possible to return to the flow and freedom of your experiences - and to find your way each day closer to a place of unconditional friendliness with yourself and with those in need.

## Book Information

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