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By Pema Chodron

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Pema Chodron offers some sound, beautiful ideas on how to cope with not only addictive behavior, but basically anything in life that you just plain don't like. Her lovely, grounded voice is a pleasure to listen to. Pema Chödrön is an American bhikshuni, or Buddhist nun in the Tibetan Vajrayana tradition. Since her ordination in 1974, Pema has conducted workshops, seminars, and meditation retreats in Europe, Australia, and throughout North America. She is the director of Gampo Abbey, the first Tibetan Buddhist monastery in North America. Pema Chödrön is also an acharya (master teacher) in the lineage of Chögyam Trungpa, Rinpoche.

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