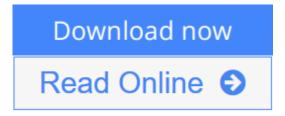


The Pocket Chögyam Trungpa (Shambhala Pocket Classics)

By Chogyam Trungpa



The Pocket Chögyam Trungpa (Shambhala Pocket Classics) By Chogyam Trungpa

Here is a treasury of 108 short teachings by Chögyam Trungpa, one of the most influential Buddhist teachers of our time. Pithy and immediate, these teachings address a range of topics, including fear and fearlessness, accepting our imperfections, developing confidence, helping others, appreciating our basic goodness, and everyday life as a spiritual path.

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Editorial Review

About the Author

Chögyam Trungpa (1940–1987)—meditation master, teacher, and artist—founded Naropa University in Boulder, Colorado, the first Buddhist-inspired university in North America; the Shambhala Training program; and an international association of meditation centers known as Shambhala International. He is the author of numerous books including *Shambhala: The Sacred Path of the Warrior, Cutting Through Spiritual Materialism*, and *The Myth of Freedom*.

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