



The Pocket Chogyam Trungpa

Chögyam Trungpa

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A pocket-sized treasury of short teachings on living life with courage and compassion--from one of the most influential Buddhist teachers of our time.

Here is a treasury of 108 short teachings by Chogyam 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.

This book is part of the Shambhala Pocket Library series.

The Shambhala Pocket Library is a collection of short, portable teachings from notable figures across religious traditions and classic texts. The covers in this series are rendered by Colorado artist Robert Spellman. The books in this collection distill the wisdom and heart of the work Shambhala Publications has published over 50 years into a compact format that is collectible, reader-friendly, and applicable to everyday life.

The Pocket Chogyam Trungpa Details

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5 Track says

an excellent way in to a dense & intense body of work.

Sharon says

Enjoyed the writings of Chogyam Trungpa.
Small enough book to place in my purse and carry with me and read on appointments.
Very enlightening text to know Buddha better..

Lalena says

I keep this and the Pocket Pema Chodron on my phone. Whenever I need to take in some mindfulness teaching during a stressful day it's right there. No matter what page I turn to it's just what I needed to read.

Mike He says

A little but powerful book full of sparks of wisdom. With The Pocket Chogyam Trungpa, one's journey in life will never be less meaningful and fruitful.

Vivien says

I have read through this entire pocket-sized book of wisdom & now always keep it in my purse to read often. I find new insight each time.

Aimee says

I love this little book. I will definitely refer to it often. Chogyam Trungpa Rinpoche had insights of such depth.
