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Buddhist nun whose simple, powerful book, *The Places That Scare You*, offers a “guide to fearlessness in difficult times” – the kind that all of us must confront at intervals throughout our lives. Here's just a little

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the core of the most painful experiences lie the seeds of spiritual awakening. Here she presents key teachings on recognizing and cultivating the "soft spot" that is the gateway to compassion and open-

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Book Review: The author of the best-selling *When Things Fall Apart* offers insightful and compassionate advice on uncovering inner wisdom and opening one's heart while refusing to allow resentment and fear to

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