



No Time to Lose: A Timely Guide to the Way of the Bodhisattva

By Pema Chodron

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Over the years, Pema Chödrön's books have offered readers an exciting new way of living: developing fearlessness, generosity, and compassion in all aspects of their lives. In this new book, she invites readers to venture further along the path of the "bodhisattva warrior," explaining in depth how we can awaken the softness of our hearts and develop true confidence amid the challenges of daily living.

In *No Time to Lose* Chödrön reveals the traditional Buddhist teachings that guide her own life: those of *The Way of the Bodhisattva* (*Bodhicharyavatara*), a text written by the eighth-century sage Shantideva. This treasured Buddhist work is remarkably relevant for our times, describing the steps we can take to cultivate courage, caring, and joy—the key to healing ourselves and our troubled world. Chödrön offers us a highly practical and engaging commentary on this essential text, explaining how its profound teachings can be applied to our daily lives.

Full of illuminating stories and practical exercises, this fresh and accessible guide shows us that the path of the bodhisattva is open to each and every one of us. Pema Chödrön urges us to embark on this transformative path today, writing, "There is no time to lose—but not to worry, we can do it."

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Editorial Review

From Publishers Weekly

Popular Buddhist teacher Chödrön has a surprise for her many readers and students: textual commentary. Her newest book comments at length on an eighth-century text by the Indian Buddhist sage Shantideva. It's a guidebook for developing *bodhichitta*, an awakened mind that expresses itself in compassionate action to alleviate suffering. The lengthy text will certainly be unfamiliar to beginners, but Chödrön is a wise choice for an escort. She is a clear teacher, explaining key terms (the Sanskrit term *klesha*, for example, may be translated as neurosis or affliction) and making things simple and characteristically plainspoken ("When we are distracted, we can't remember anything we've studied or read"). She is also the right kind of motivator, telling readers immediately what's in it for them: this book can inspire those who want to make the world a better place. Readers will need a helpful teacher and patience to take up the challenge offered by the long Buddhist text, which has been important in Chödrön's own study. It's not a book for beginners or a good introduction to Chödrön's own body of accessible work. But for those wanting depth and greater awareness of the Buddhist canon, this book opens a door. (Nov. 8)

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Review

"As one of Pema Chödrön's grateful students, I have been learning the most pressing and necessary lesson of all: how to keep opening wider my own heart."—Alice Walker

About the Author

Pema Chödrön is an American Buddhist nun in the lineage of Chögyam Trungpa. She is resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan monastery in North America established for Westerners. She is also the author of many books and audiobooks, including the best-selling *When Things Fall Apart* and *Don't Bite the Hook*.

Users Review

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Roger Cowen:

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Jerry Goble:

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