



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

Pema Chodron

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The great Buddhist classic known as *The Way of the Bodhisattva* has long been treasured as an indispensable guide to enlightened living. Written in the eighth century by the scholar and saint Shantideva, it has inspired many of the Mahayana tradition's greatest teachers—and despite its antiquity, it remains a remarkable source of insight on the means by which we may heal ourselves and our troubled world. Among its most essential teachings are the core Buddhist practices of the bodhisattva warrior: cultivating confidence, joyfulness, and compassion. Pema Chödrön here invites you to journey more deeply into this way of life, presenting Shantideva's text verse-by-verse and offering both illuminating stories and practical exercises to enrich the text and bring its teachings to life in our own time.



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