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— Pema Chodron, *Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion*. 28 likes. Like “Pain is not a punishment, pleasure is not a reward.” — Pema Chödrön, *Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion*.

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Review: . Comfortable with Uncertainty reads like a perfect companion guide to the traditional 108-day Buddhist retreat. In a day-by-day format, author Pema Chödrön dives into the soothing wisdom of Tibetan Buddhism, reminding us that groundlessness is the only ground we have to stand on.

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Teachings on ...

Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion. Pema Chödrön. Shambhala Publications, 2008 - Religion - 222 pages. 6 Reviews. This book by the renowned American Buddhist nun offers short, stand-alone readings designed to help us cultivate compassion and awareness amid the challenges of daily living.

Comfortable With Uncertainty 108 Teachings

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