



The Tibetan Art of Serenity: How to Heal Fear and Gain Contentment

By Christopher Hansard

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Tibetan Art of Serenity: How to Heal Fear and Gain Contentment, Christopher Hansard, In the ancient Tibetan Bon tradition, the secret of serene, successful living is to have no fear. But in our demanding society, where stress is the norm, fearfulness can become a way of life. In this inspiring book, leading Tibetan Bon practitioner Christopher Hansard explains the 'twelve types of fear' believed by traditional teaching to affect our lives. He shares with us age-old techniques for facing and overcoming these fears, and shows how without them we can better connect with our deepest selves, transform relationships and find increased peace, humour and confidence. Drawing from his deep personal knowledge of Tibetan teachings, and with easy-to-follow exercises and inspiring case studies, Christopher shows us how we can stop living with our fears - and start living our life.



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