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uncertainty, I turned to  
Pema Chödrön and her 1997  
book, *When Things Fall  
Apart: Heart Advice for  
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it on an unending loop right  
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Buddhist nun, and has been  
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“The most fundamental aggression to ourselves, the

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most fundamental harm we can do to ourselves, is to remain ignorant by not having the courage and the respect to look at ourselves honestly and gently." ? Pema Chödrön, *When Things Fall Apart: Heart Advice for Difficult Times*

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“Things falling apart is a kind of testing and also a kind of healing. We think

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that the point is to pass the test or to overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again.

*When Things Fall Apart:  
Heart Advice for Difficult  
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When Things Fall Apart:  
Heart Advice for Difficult  
Times (Hardcover) Published  
December 24th 1996 by  
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*When Things Fall Apart -  
Shambhala Publications*

All of us have at one time  
or another had our lives

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fall apart. A loved one is diagnosed with a terminal illness, we lose our job and in the process, our identities, a relationship ends, we are battling an addiction or someone we love dies. Whatever the event, it's easy for us to go to the place of being a victim. To feel sorry for ourselves.

*When Things Fall Apart /  
HuffPost Life*

Directed by Herbert Wise.  
With Pam Ferris, Sarah Lancashire, Tony Haygarth, Thomas Craig. Peggy sets about to investigate a small boys behavioral problems.

*"Where the Heart Is" Things*

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*Fall Apart (TV Episode 1997*

**Pema Chodron**

In *When Things Fall Apart: Heart Advice for Difficult Times* ( public library ), she draws on her own confrontation with personal crisis and on the ancient teachings of Tibetan Buddhism to offer gentle and incisive guidance to the enormity we stand to gain during those times when all seems to be lost.

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