



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

Christopher Hansard

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"As life becomes more hectic, it's important to stop and think about the way we are living. Christopher's book is the best possible starting point." -*Vogue* (United Kingdom)

In this inspiring book, leading Tibetan Bon practitioner Christopher Hansard explains the twelve types of fear that affect our lives. He shares age-old techniques for overcoming these fears to find increased peace and confidence.

Christopher Hansard was trained in the spiritual traditions of Tibetan Bon from the age of four and is now a leading practitioner in the field. He is director of clinical affairs at the Eden Medical Centre in London.

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