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Pema Chödrön is an American Buddhist nun in the lineage of Chögyam Trungpa. She is resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan monastery in North America established for Westerners. She is also the author of many books and au... More about Pema Chodron

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... Taking the Leap: Freeing Ourselves from Old Habits and Fears.

In this book Pema Chödrön shows us how to break free of destructive patterns in our lives and experience a new sense of freedom and happiness. Drawing on the Buddhist concept of shenpa, she helps us to see how certain habits of mind tend to “hook” us and get us stuck in states of anger,...

Taking the Leap Quotes. Peace isn't an experience free of challenges, free of rough and smooth, it's an experience that's expansive enough to include all that arises without feeling threatened.” ? Pema Chödrön , Taking the Leap: Freeing Ourselves from Old Habits and Fears.

*Taking the Leap by Pema Chodron · OverDrive (Rakuten ...*

Pema Chodron (2009). “Taking the Leap: Freeing Ourselves from Old Habits and Fears”, p.69, Shambhala Publications 39 Copy quote. Never give up on yourself. Then you will never give up on others. Pema Chodron. Wise, Wisdom, Giving Up. Pema Chodron (2000). “When Things Fall Apart: Heart Advice for Difficult Times”, p.145, Shambhala ...

*Taking The Leap : Pema Chodron : 9781590308431*

– Publishers Weekly “Straightforward and personal, Taking the Leap is a fine addition to Chodron’s work.” – BellaOnline.com “You don’t have to be a Buddhist to benefit from reading Chodron’s book, you just have to be willing to approach new ideas with an open mind.” – The Lindsay Post (Canada)

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Drawing on time-honored Buddhist teachings on shenpa (all the attachments and compulsions that cause us suffering), Pema Chödrön shows how certain habits of mind tend to “hook” us and get us stuck in states of anger, blame, self-hatred, addiction, and so much more—and, most of all, how we can liberate ourselves from them. “This path entails uncovering three basic human qualities,” explains Pema.

**Taking the Leap : Freeing Ourselves from Old Habits and ...**

Pema shares insights and exercises from her lifetime of practice that we can immediately put to use in our lives to awaken these essential qualities and help us to take a bold

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leap toward a new way of living—one that will bring about positive transformation for ourselves and for our troubled world.

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