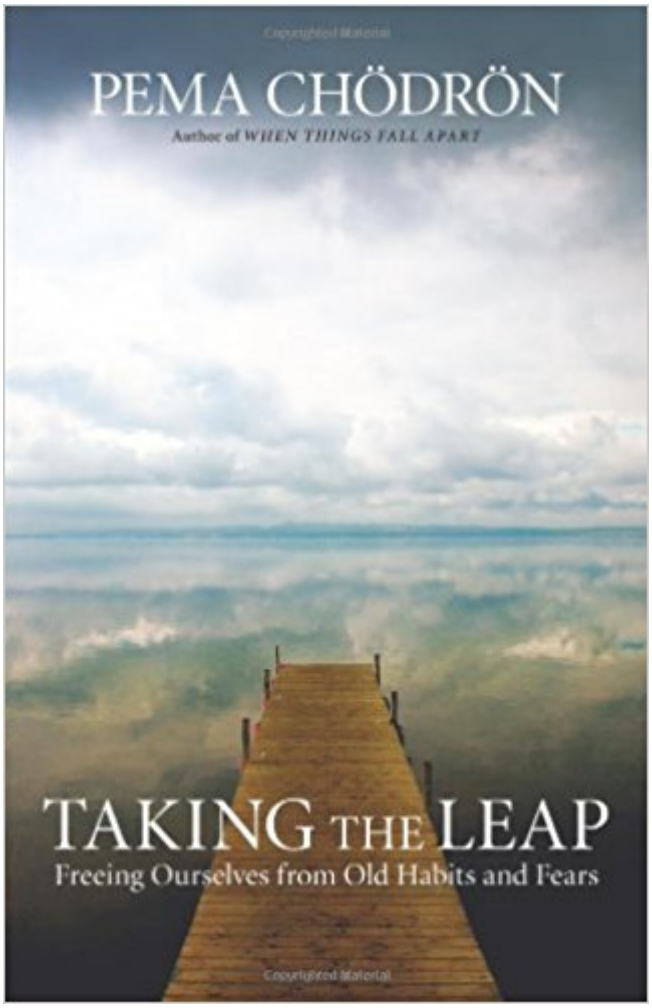
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Taking The Leap: Freeing Ourselves From Old Habits And Fears



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Synopsis

Best-seller Pema ChÃƒÂ¶drÃƒÂ¶n draws on the Buddhist concept of shenpa to help us see how certain habits of mind tend to Ã¢â ¬Å“hookÃ¢â ¬Â• us and get us stuck in states of anger, blame, self-hatred, and addiction. The good news is that once we start to recognize these patterns, they instantly begin to lose their hold on us and we can begin to change our lives for the better. Ã¢â ¬Å“This path entails uncovering three basic human qualities,Ã¢â ¬Â• explains Pema. Ã¢â ¬Å“They are natural intelligence, natural warmth, and natural openness. Everyone, everywhere, all over the globe, has these qualities and can call on them to help themselves and others.Ã¢â ¬Â• This book gives us the insights and practices we can immediately put to use in our lives to awaken these essential qualities. In her friendly and encouraging style, Pema ChÃƒÂ¶drÃƒÂ¶n helps us take a bold leap toward a new way of livingÃ¢â ¬â •one that will bring about positive transformation for ourselves and for our troubled world.

Book Information

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Customer Reviews

This gently encouraging book by popular teacher ChÃƒÂ¶drÃƒÂ¶n (When Things Fall Apart; The Places That Scare You) applies Buddhist wisdom to the problems of deeply ingrained reactions. An American Buddhist nun in the lineage of Tibetan master Chogyam Trungpa, she writes that we already have what we need to change and heal. ChÃƒÂ¶drÃƒÂ¶n focuses on the preverbal momentÃ¢â ¬â •called shenpa in TibetanÃ¢â ¬â •in which individuals are hooked into harmful

stories, emotions and actions within the flux of their experiences. Clear descriptions of how this process works are accompanied by simple techniques to begin to break the cycle. Her suggestions can be easily practiced by anyone at any time without meditation training, although she presents the benefits of sitting meditation. With anecdotes from her teachers and examples from her own and others' lives, ChÃƒÂ¶drÃƒÂ¶n demonstrates that people can stop their suffering and access their natural intelligence, warmth and openness. Throughout, she emphasizes the global implications of personal change. Among her strengths are compassion for the difficulty of human existence and her willingness to acknowledge her own failings. This short guide provides valuable tools for change in uncertain times. (Sept. 8) Copyright Ã Â© Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Ã¢â ¬Å“This short guide provides valuable tools for change in uncertain times.Ã¢â ¬Â•Ã¢â ¬â •Publishers Weekly

Here Pema Chodron gives us the steps to break our habits and from the beginning I was able to use the steps. Right now IÃƒÂ¢Ã â ¬Ã â„¢m working on getting rid of old habits and thinking as they no longer serve me. IÃƒÂ¢Ã â ¬Ã â„¢m tired of living the stories and not living life. As IÃƒÂ¢Ã â ¬Ã â„¢ve been breaking these stories for the last year people thought something was wrong, but there isnÃƒÂ¢Ã â ¬Ã â„¢t IÃƒÂ¢Ã â ¬Ã â„¢m waking up. Now I see the gaps in this stories and with this book I was able to take it to a new level and break some habits I hadnÃƒÂ¢Ã â ¬Ã â„¢t been able to break before. I highly recommend this book to people.

Pema Chodron is very wise and there is a subtle acknowledgment throughout the book that she has held on to fear and bad habits and learned to break free. This book is a simple manual on breaking free. A process that one must renew on a regular basis, as you encounter triggers that shut you down from compassion and living a full life. I will re-read this short book in parts to practice her helpful tips. I also really loved her caution about wanting to do good in the world - to be careful you really understand yourself and how you react in day-to-day interactions with those who may need your help. All in all, a great read.

We can improve our suffering and therefore the suffering of others. It is like the stock market and all of life. There are ups and downs, highs and lows. Just when you think you fixed everything, crashes and burns. The lesson may be resilience and getting back on track easier and easier with each

upheaval.

Very nicely written. Easy to read great insights It really made me think and implement changes in my life that help with relaxation

Pema Chodron always delivers a great read on how to free oneself from the past.

Pema, as usual, inspires us to do the impossible, and makes it seem possible - turn from self-centered living, to truly compassionate living, freeing ourselves and others from suffering. A great and practical approach to bodhicitta...

Excellent Buddhist book applying the principles to everyday problems related to not being awake or present to life. Many habits are fueled by desires and fears which are a result of the story we tell ourselves which at closer incEdition is only a fantasy. Chord on does an excellent job of illuminating the basic Buddhist practice in a non sectarian manner that can be digested by even the non religious. I have read other books by Chodron and admire her ability to write about everyday challenges and apply Buddhist practice in a non threatening and simple way.

I have enjoyed reading several of Pema Chodron’s books. They have all been helpful. I also recommend her Udemy courses, particularly "The Freedom to Choose Something Different".

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