

[PDF] Taking The Leap: Freeing Ourselves From Old Habits And Fears

Pema Chodron - pdf download free book



Books Details:

Title: Taking the Leap: Freeing Ours

Author: Pema Chodron

Released: 2010-12-21

Language:

Pages: 128

ISBN: 1569570558

ISBN13: 9781569570555

ASIN: 1590308433

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Description:

Best-seller Pema Chödrön draws on the Buddhist concept of *shenpa* to help us see how certain habits of mind tend to “hook” 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.

“This path entails uncovering three basic human qualities,” explains Pema. “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.”

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 Chödrön helps us take a bold 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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