



Taking the Leap: Freeing Ourselves from Old Habits and Fears

By Pema Chodron

Download now

Read Online ➔

Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron

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, blame, self-hatred, and addiction. The good news is that once we start to see these patterns, we can begin to change our lives for the better.

The key is learning a new way of facing the inevitable difficulties and insecurities of our daily lives: we must learn how to stay present and open our hearts. “This path entails uncovering three basic human qualities,” explains Pema. “These qualities have always been with us but perhaps have gotten buried and almost forgotten. 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 to take a bold leap toward a new way of living—one that will bring about positive transformation for ourselves and for our troubled world.

📄 [Download Taking the Leap: Freeing Ourselves from Old Habits ...pdf](#)

📖 [Read Online Taking the Leap: Freeing Ourselves from Old Habi ...pdf](#)

Taking the Leap: Freeing Ourselves from Old Habits and Fears

By Pema Chodron

Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron

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, blame, self-hatred, and addiction. The good news is that once we start to see these patterns, we can begin to change our lives for the better.

The key is learning a new way of facing the inevitable difficulties and insecurities of our daily lives: we must learn how to stay present and open our hearts. “This path entails uncovering three basic human qualities,” explains Pema. “These qualities have always been with us but perhaps have gotten buried and almost forgotten. 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 to take a bold leap toward a new way of living—one that will bring about positive transformation for ourselves and for our troubled world.

Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron Bibliography

- Sales Rank: #51114 in eBooks
- Published on: 2009-09-08
- Released on: 2009-09-08
- Format: Kindle eBook

 [Download Taking the Leap: Freeing Ourselves from Old Habits ...pdf](#)

 [Read Online Taking the Leap: Freeing Ourselves from Old Habi ...pdf](#)

Download and Read Free Online Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron

Editorial Review

From Publishers Weekly

This gently encouraging book by popular teacher Chödrön (*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. Chödrön focuses on the preverbal moment—called *shenpa* in Tibetan—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, Chödrön 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 © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

“This short guide provides valuable tools for change in uncertain times.”—*Publishers Weekly*

About the Author

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 the author of many books and audiobooks, including the best-selling *When Things Fall Apart* and *Don't Bite the Hook*.

Users Review

From reader reviews:

William Boehme:

Spent a free the perfect time to be fun activity to complete! A lot of people spent their sparettime with their family, or all their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic in the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could possibly be reading a book may be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to test look for book, may be the reserve untitled Taking the Leap: Freeing Ourselves from Old Habits and Fears can be very good book to read. May be it is usually best activity to you.

Kurt Chapman:

The book Taking the Leap: Freeing Ourselves from Old Habits and Fears has a lot info on it. So when you read this book you can get a lot of benefit. The book was compiled by the very famous author. This articles author makes some research just before write this book. This specific book very easy to read you may get the

point easily after scanning this book.

David Miller:

Reading a book to become new life style in this 12 months; every people loves to study a book. When you examine a book you can get a wide range of benefit. When you read ebooks, you can improve your knowledge, because book has a lot of information in it. The information that you will get depend on what forms of book that you have read. If you wish to get information about your review, you can read education books, but if you want to entertain yourself look for a fiction books, such us novel, comics, and soon. The Taking the Leap: Freeing Ourselves from Old Habits and Fears offer you a new experience in looking at a book.

Wanda Holmes:

A lot of reserve has printed but it is unique. You can get it by internet on social media. You can choose the very best book for you, science, comedy, novel, or whatever by searching from it. It is referred to as of book Taking the Leap: Freeing Ourselves from Old Habits and Fears. Contain your knowledge by it. Without leaving behind the printed book, it can add your knowledge and make you happier to read. It is most critical that, you must aware about guide. It can bring you from one place to other place.

Download and Read Online Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron #10NC9O73IFP

Read Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron for online ebook

Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron books to read online.

Online Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron ebook PDF download

Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron Doc

Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron Mobipocket

Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron EPub

10NC9O73IFP: Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron