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Taking the Leap Freeing Ourselves from Old Habits and

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Free download or read online Taking the Leap: Freeing Ourselves from Old Habits and Fears pdf (ePUB) book. The first edition of this novel was published in 2009, and was written by Pema Chodron.

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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 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. Reviews of Taking the Leap

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