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More about Pema Chodron About Pema Chodron Pema Chödrön is an American Buddhist nun and one of the foremost students of Chögyam Trungpa, the renowned meditation master.

Taking the Leap by Pema Chodron - penguinrandomhouse.com

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 “This gently encouraging book by popular teacher Chodron applies Buddhist wisdom to the problems of deeply ingrained reactions.

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Pema Chödrön's Taking the Leap shows by example after example that Buddhist teachings also offer ways to free ourselves from these moments of disappointment or malaise. Transformational teachings and practices.

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

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. The book was published in multiple languages including English language, consists of 128 pages and is available in Hardcover format. The main characters of this non fiction, spirituality story are , .

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Taking the Leap Quotes by Pema Chödrön

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The next big step in Pema Chödrön's life was to help Trungpa rinpoche establish Gampo abbey in nova scotia. The abbey, completed in 1985, was the first Tibetan buddhist mon- astery in north america for Western men and women, and she took on its directorship.

A Pema Chödrön Primer - Pema Chodron Foundation

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Taking the Leap by Pema Chodron - Mountain Record

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.

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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 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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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 Tibe...

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