



Taking the Leap: Freeing Ourselves from Old Habits and Fears (Shambhala Library)

Pema Chodron

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In this pithy, inspiring book, Pema Chödrön presents the Buddhist concept of *shenpa*, which can be translated as "getting stuck" or "getting hooked." *Shenpa* arises in that moment when life suddenly becomes disappointing, difficult, or painful. Perhaps someone criticizes your work, your appearance, or your child. Something within you tightens, shuts down. That's *shenpa*. After we tighten, we instinctively start to blame ourselves or others. We might get angry and lash out at others in words or actions. Or we might reach for a cigarette, a drink, or some other addictive substance to numb our pain. Chödrön shows us that our habitual reactions to life's difficulties keep us locked in cycles of suffering.

In *Taking the Leap* she shows us a new way of responding to life's upsets: learning to stay present. Rather than habitually running from life's hurts, you can actually stop and open your heart, thereby discovering true courage and compassion. This book presents "the four R's" of working with *shenpa*: recognizing, refraining, relaxing, and resolving. With her characteristic warmth and encouragement, Pema Chödrön offers transformational teachings and practices that readers can immediately put to use in their daily lives.

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Nowadays reading books are more than want or need but also turn into a life style. This reading addiction give you lot of advantages. The benefits you got of course the knowledge the rest of the information inside the book this improve your knowledge and information. The knowledge you get based on what kind of e-book you read, if you want have more knowledge just go with education and learning books but if you want experience happy read one together with theme for entertaining for example comic or novel. The actual Taking the Leap: Freeing Ourselves from Old Habits and Fears (Shambhala Library) is kind of publication which is giving the reader capricious experience.

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