



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:

Enrique Myers:

As people who live in the actual modest era should be up-date about what going on or data even knowledge to make all of them keep up with the era and that is always change and move ahead. Some of you maybe will probably update themselves by reading books. It is a good choice for you personally but the problems coming to you is you don't know what kind you should start with. This Taking the Leap: Freeing Ourselves from Old Habits and Fears is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and need in this era.

Ryan Pearson:

Do you really one of the book lovers? If yes, do you ever feeling doubt if you are in the book store? Make an effort to pick one book that you never know the inside because don't ascertain book by its handle may doesn't work this is difficult job because you are frightened that the inside maybe not since fantastic as in the outside search likes. Maybe you answer is usually Taking the Leap: Freeing Ourselves from Old Habits and Fears

why because the excellent cover that make you consider concerning the content will not disappoint you actually. The inside or content will be fantastic as the outside or maybe cover. Your reading 6th sense will directly show you to pick up this book.

Rosa Crowe:

The book untitled Taking the Leap: Freeing Ourselves from Old Habits and Fears contain a lot of information on it. The writer explains your girlfriend idea with easy means. The language is very simple to implement all the people, so do not necessarily worry, you can easy to read that. The book was authored by famous author. The author provides you in the new era of literary works. It is possible to read this book because you can please read on your smart phone, or model, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can available their official web-site along with order it. Have a nice learn.

Sara Kelly:

What is your hobby? Have you heard in which question when you got students? We believe that that question was given by teacher with their students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person just like reading or as examining become their hobby. You should know that reading is very important and also book as to be the matter. Book is important thing to incorporate you knowledge, except your current teacher or lecturer. You get good news or update about something by book. Many kinds of books that can you take to be your object. One of them is niagra Taking the Leap: Freeing Ourselves from Old Habits and Fears.

Download and Read Online Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron #KPRW07H8O5L

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

KPRW07H8O5L: Taking the Leap: Freeing Ourselves from Old Habits and Fears By Pema Chodron