



Taking the Leap: Freeing Ourselves from Old Habits and Fears

By Pema Chodron

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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.

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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)

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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*.

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