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Taking the Leap Freeing Ourselves from Old Habits and

I enjoyed "Taking the Leap." It is a quick read, and one that I thought might be helpful in this time in my life. A few excerpts I found powerful: "The source of our unease is the unfulfillable longing for a lasting certainty and security, for something solid to hold on to.

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Taking the Leap Freeing Ourselves from Old Habits and Fears

In this book Pema Chodron shows us how to break free of destructive patterns in our lives and experience a new sense of freedom and happiness.

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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. 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 . . The book has been awarded with , and many others.

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Taking the Leap Book Pema Chodron Foundation

Reviews of Taking the Leap This gently encouraging book by popular teacher Chodron applies Buddhist wisdom to the problems of deeply ingrained reactions. Among her strengths are compassion for the difficulty of human existence and her willingness to acknowledge her own failings.

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Taking the Leap Freeing Ourselves from Old Habits and

Best-seller Pema Chodron draws on the Buddhist concept of shenpa to help us see how certain habits of mind tend to hook us and get us stuck in states of anger, blame, self-hatred, and addiction.

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