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Taking the Leap: Freeing Ourselves from Old Habits and Fears. Best-seller Pema Chödrön 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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Freeing Ourselves from Old Habits and Fears. By Pema Chodron. Softcover book ISBN 1590306341 128 pages. Taking the Leap • Book quantity. ... 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.

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Author Pema Chodron | Submitted by: Jane Kivik. Free download or read online Taking the Leap: Freeing Ourselves from Old Habits and Fears pdf (ePUB) book. The first edition of the novel was published in 2009, and was written by Pema Chodron. The book was published in multiple languages including English, consists of 128 pages and is available in Hardcover format.

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Like. "Taking the leap involves making a commitment to ourselves and to the earth itself—making a commitment to let go

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of old grudges, to not avoid people and situations and emotions that make us feel uneasy, to not cling to our fears,”. — Pema Chödrön, Taking the Leap: Freeing Ourselves from Old Habits and Fears.

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Taking the Leap: Freeing Ourselves from Old Habits and Fears by Pema Chödrön Pema Chödrön is a Buddhist nun. She writes about “unhooking” ourselves from negative thoughts and emotions. She tells a story about a Native American grandfather who explains to his grandson the catalyst for violence and cruelty in the world.

Taking the Leap - The Key Point

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