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'The Wisdom of No Escape offers down-to-earth guidance in cultivating basic sanity and befriending ourselves in the venerable tradition of Chögyam Trungpa, Rinpoche.'—Yoga Journal 'Pema's deep experience and her fresh way of looking at things are like mountain water—clear and refreshing, as good dharma should be.'—Jack Kornfield

The Wisdom of No Escape and the Path of Loving-Kindness ...

It looks at the existential situation of not being able to escape our life and the human condition which is characterized by suffering. The Buddha said as his last words, 'be a lamp unto yourselves.' I believe the intent

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Of Loving Kindness
here was that no super mommy
or daddy in the sky is going to
come down and save you from
the human condition.

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Here, spiritual teacher and When
Things Fall Apart author Pema
Chödrön presents a uniquely
practical approach to doing just
that, showing us the true value in
having "no escape" from the ups
and downs of life.

The Wisdom of No Escape: And
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The "down-to-earth,
unsentimental, [and] high-
humored" Pema Chödrön classic
on learning to face our lives just

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Of Loving-Kindness (Los Angeles Times)
It's true, as they say, that we can only love others when we first love ourselves—and we can only experience real joy when we stop running from pain.

The Wisdom of No Escape by
Pema Chodron: 9781611806052

...

Here, spiritual teacher and When Things Fall Apart author Pema Chödrön presents a uniquely practical approach to doing just that, showing us the true value in having “no escape” from the ups and downs of life.

The Wisdom of No Escape: and the Path of Loving-Kindness ...
In her first book, Pema presents traditional Buddhist wisdom that

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Of Loving Kindness anyone can relate to. Reviews of The Wisdom of No Escape " The Wisdom of No Escape offers down-to-earth guidance in cultivating basic sanity and befriending ourselves in the venerable tradition of Chogyam Trungpa Rinpoche."

The Wisdom of No Escape □ Book - Pema Chodron

In The Wisdom of No Escape, bestselling author Pema Chodron shows us the profound value of our situation of 'no exit' from the ups and downs This accessible book has been on the US bestseller lists consistently for four years now.

The Wisdom of No Escape: How to Love Yourself and Your ...

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This book is about saying yes to life in all its manifestations—embracing the potent mixture of joy, suffering, brilliance, and confusion that characterizes the human experience. Pema Chödrön shows us the profound value of our situation of 'no escape' from the ups and downs of life.

The Wisdom of No Escape -
Shambhala Publications
The Wisdom of No Escape and the
Path of Loving-Kindness. By Pema
Chodron. Essential Buddhist
practices on loving ourselves and
the world. Book Review by
Frederic and ...

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Chödrön packs a wide range of

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explanations and practice
suggestions into this accessible
guide to Buddhist...

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Reviews "Whatever your
folly—anger or fear or jealousy or
melancholy—Chödrön teaches
that freedom from it lies in
'getting to know it completely,
with some kind of softness, and
learning how, once you've
experienced it fully, to let go.'"
—Brain Pickings

The Wisdom of No Escape -
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She speaks from genuine
connection to the source."-Helen

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Enneagram, "The Wisdom of No Escape offers down-to-earth guidance in cultivating basic sanity and befriending ourselves in the venerable tradition of Chögyam Trungpa, Rinpoche."-

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