

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.

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