

## The Wisdom Of No Escape And The Path Of Loving Kindness

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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 Ch\u00f6gyam 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 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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*The Wisdom of No Escape: And the Path of Loving Kindness ...*

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 ...*

About The Wisdom of No Escape The “down-to-earth, unsentimental, [and] high-humored” Pema Chödrön classic on learning to face our lives just as they are (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 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 Chödrön 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 ...*

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*

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*The Wisdom of No Escape Quotes by Pema Chödrön*

THE WISDOM OF NO ESCAPE: How to Love Yourself and Your World Paperback – 2 Aug. 2004 by Pema Chödrön (Author) 4.7 out of 5 stars 177 ratings See all formats and editions

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Read an excerpt from The Wisdom of No Escape. News & 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 - Shambhala Publications*

She speaks from genuine connection to the source."-Helen Palmer, author of The 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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