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venerable tradition of
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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

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Wisdom Of No

*The Wisdom of No
Escape And The
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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

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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.

*The Wisdom of No
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Here, spiritual teacher
and When Things Fall
Apart author Pema

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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
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About The Wisdom of
No Escape The
“down-to-earth,

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Escape And The
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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.

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The Wisdom of No

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Chodron:

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Chödrön presents a
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ups and downs of life.

Escape And The

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Escape: and the Path
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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

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guidance in cultivating basic sanity and befriending ourselves in the venerable tradition of Chogyam Trungpa Rinpoche.”

*The Wisdom of No
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In *The Wisdom of No Escape*, bestselling author Pema Chodron shows us the

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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

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Wisdom Of No
Escape And The
Path Of Loving
Kindness

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.

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*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 ...

The Wisdom of No

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*Escape by Pema
Chodron | Review ...*
The Wisdom of No
Escape Quotes

Showing 1-30 of 78

“There is a story of a woman running away from tigers. She runs and runs and the tigers are getting closer and closer.

*The Wisdom of No
Escape Quotes by*
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Pema Chödrön

THE WISDOM OF
NO ESCAPE: How to
Love Yourself and
Your World

Paperback – 2 Aug.

2004 by Pema

Chödrön (Author) 4.7

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*Love Yourself and
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User Review -

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Chödrön packs a wide
range of explanations
and practice

suggestions into this
accessible guide to
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Read an excerpt from
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Escape. News &
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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

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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

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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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4.5 out of 5 stars 4.7

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uniquely practical

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ups and downs of life.

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