

# Getting Unstuck Pema Chodron Pdf

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January 9th, 2019 - with emotions rather than trying to get rid of them and this struck a chord she has said how ever that at the time she didn't know anything about buddhism and wasn't aware that the article was even written by a buddhist Continuing her exploration Pema met Tibetan buddhist teacher lama Chime rinpoche and had

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December 31st, 2004 - Getting Unstuck explores not itching the scratch and just sitting with what that feels like Her point is that we run away from discomfort be it emotional or physical and that we r I love Pema Chodron s writings and so was excited to see that I could get an audio book of hers from the library

### **Getting Unstuck Breaking Your Habitual Patterns and**

January 8th, 2019 - pema chodron getting unstuck sense of humor buddhist

nun many times highly recommended ever heard getting hooked highly recommend pema has a wonderful easy to listen practical advice way of looking every time chodron work great sense listening to these cds getting unstuck heard from pema time to time

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