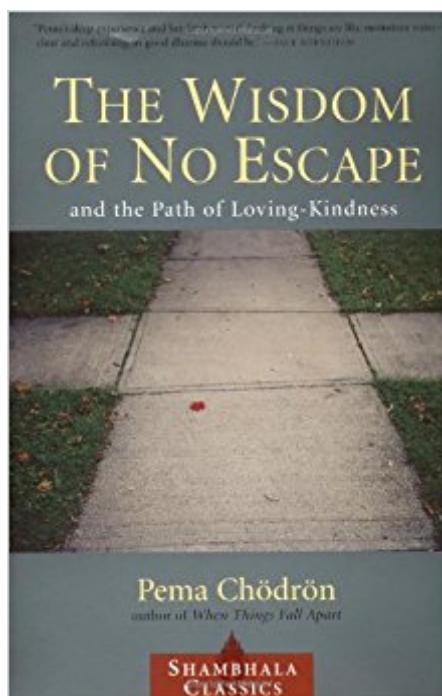


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# The Wisdom Of No Escape And The Path Of Loving-Kindness



## Synopsis

This book is about saying yes to life in all its manifestationsâ "embracing the potent mixture of joy, suffering, brilliance, and confusion that characterizes the human experience. Pema ChÃ¶drÃ¶n shows us the profound value of our situation of "no escape" from the ups and downs of life.

## Book Information

Paperback: 110 pages

Publisher: Shambhala (August 21, 2001)

Language: English

ISBN-10: 1570628726

ISBN-13: 978-1570628726

Product Dimensions: 5.9 x 0.4 x 9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 138 customer reviews

Best Sellers Rank: #21,378 in Books (See Top 100 in Books) #15 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #53 inÂ Books > Christian Books & Bibles > Worship & Devotion > Meditations #162 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

"The Wisdom of No Escape offers down-to-earth guidance in cultivating basic sanity and befriending ourselves in the venerable tradition of ChÃ¶gyam Trungpa, Rinpoche."â "Yoga Journal "Pema's deep experience and her fresh way of looking at things are like mountain waterâ "clear and refreshing, as good dharma should be."â "Jack Kornfield "Here's a woman who embodies her message. She speaks from genuine connection to the source."â "Helen Palmer, author of The Enneagram

Pema ChÃ¶drÃ¶n is an American Buddhist nun in the lineage of ChÃ¶gyam Trungpa. She is resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan monastery in North America established for Westerners. She is the author of many books and audiobooks, including the best-selling When Things Fall Apart and Don't Bite the Hook.

I love Pema's work, but am starting to feel like she's writing the same book again and again with different titles.

The book is a collection of talks the author gave during a month long retreat. I found that made most chapters perfect for a morning read before work to get my mind started on the right track.

Very insightful read. I was getting migraines and as soon as I started reading this book, they went away. When I stopped reading, they came back. I realized that I was practicing what she had written as I was reading. The whole practice put my mind at ease, and that is probably why I didn't notice the migraine. This book is great for everyone, especially those with anger issues. Seriously, it can and will help if you are able to keep an open mind and read it for what it is. Very easy reading.

If I could only have one book to read for the rest of my life, this would be it. Pema Chodron has a way of articulating Buddhist teachings that makes them immediately accessible and relevant to the listener's own life, and regardless of one's religious or spiritual affiliation. This is Good Medicine; the kind that leaves you in touch with your innate curiosity, and open to Life in a refreshed way.

Mind-expanding in the best possible sense. I've read a few others of her books (Start Where You Are, When Things Fall Apart), which are also excellent. But this was my first introduction to her writings 20+ years ago, and still remains a favorite.

This a life altering book!

I'd recommend this book to anyone who is struggling with anger, frustration, or feels they're missing something in life. It's a quick easy read despite the profound lessons it imparts. A work to read more than once!

Fantastic book by Pema, right up there with When Things Fall Apart as my favorite of hers. Heartfelt, very wise, very gentle. Just what I need to hear. Although it was published in 1989 or 1990, it is no less cogent now than it was then. That's the thing about Buddhist books -- they always speak to you if/when you're ready for them. The teachings are as alive today as they ever were.

I enjoyed this book, although it was different than what I had expected. I had purchased the book thinking it was more of a how-to on Metta, or Loving Kindness, meditation. It was really more of a collection of dharma talks on the topic (and some off). That said, it was definitely a worth-while read. While not offering in-depth instruction on the meditation side of Metta, there was a lot of food

for contemplation. The best passages in the book provide inspiration for acting with kindness towards yourself and others in everyday life. Perhaps the most worthwhile message (to me) was that if we exorcised all of the characteristics we found negative about ourselves, we would cease to be ourselves. The key is to understand and mitigate those negatives. Also very interesting was her description of Tonglen practice. While difficult, I have found this to be a great adjunct to Vipassana meditation.

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