

TAKING THE LEAP PEMA CHODRON

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Pema Chodron is an American Buddhist nun in the lineage of Chogyam Trungpa. She is resident teacher at Gampo Abbey in Nova Scotia, the first Tibetan monastery in North America established for Westerners.

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In this book Pema shows us how to break free of destructive patterns in our lives and experience a new sense of freedom and happiness. Drawing on the Buddhist concept of shenpa, she helps us to see how certain habits of mind tend to hook us and get us stuck in states of anger, blame, self-hatred, and addiction.

I am what I choose to become I am not what happened to me ...

I am what I choose to become I am not what happened to me, I am what I choose to become. Carl Jung