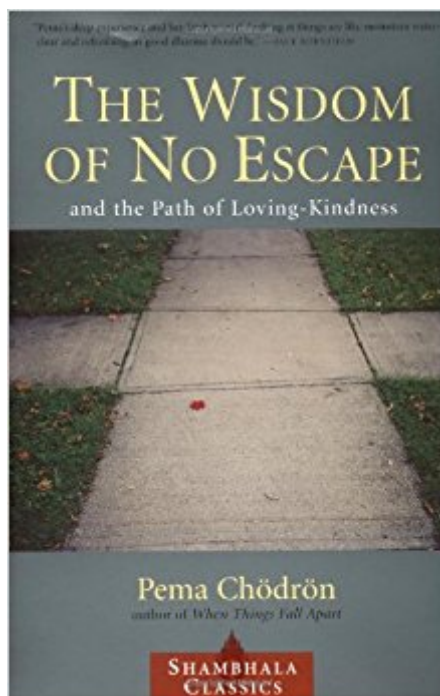


The book was found

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



Synopsis

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.

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 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Tibetan #53 in Books > Christian Books & Bibles > Worship & Devotion > Meditations #162 in 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 Chögyam 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 "Here's a woman who embodies her message. She speaks from genuine connection to the source."—Helen Palmer, author of The Enneagram

Pema Chödrön is an American Buddhist nun in the lineage of Chögyam 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 other 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.

[Download to continue reading...](#)

The Wisdom of No Escape and the Path of Loving-Kindness
Kindness Counts: A Story for Teaching
Random Acts of Kindness (Without Limits)
Little Lotus and the Loving-Kindness Cup
Training the Mind and Cultivating Loving-Kindness
The New Eight Steps to Happiness: The Buddhist Way of
Loving Kindness
Training the Mind: & Cultivating Loving-Kindness
The Self-Compassion Diet: Guided Practices to Lose Weight with Loving-Kindness
Loving-Kindness in Plain English: The Practice of Metta
Boundless Heart: The Buddha's Path of Kindness, Compassion, Joy, and Equanimity
Sacred Trickery and the Way of Kindness: The Radical Wisdom of Jodo
Kindness: A Treasury of Buddhist Wisdom for Children and Parents (Little Light of Mine Series)
Kindness: A Treasury of Buddhist Wisdom for Children and Parents (This Little Light of Mine)
Dorset & South Devon Coast Path: (Sw Coast Path Part 3)
British Walking Guide With 70 Large-Scale Walking Maps, Places To Stay, Places To Eat (Trailblazer: Sw Coast Path)
Exmoor & North Devon Coast Path: (Sw Coast Path Part 1)
British Walking Guide With 53 Large-Scale Walking Maps, Places To Stay, Places To Eat (British ... Exmoor & North Devon Coast Path Minehead)
Loving Someone with Anxiety: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series)
Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series)
Loving Someone with PTSD: A Practical Guide to Understanding and Connecting with Your Partner after Trauma (The New Harbinger Loving Someone Series)
The Jesus Creed for Students: Loving God, Loving Others
The Jesus Creed: Loving God, Loving Others
Jesus Creed: Loving God, Loving Others

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)