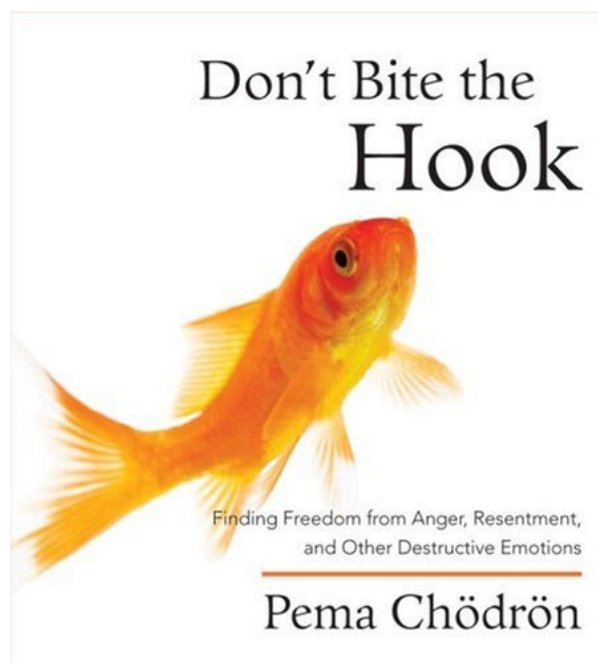


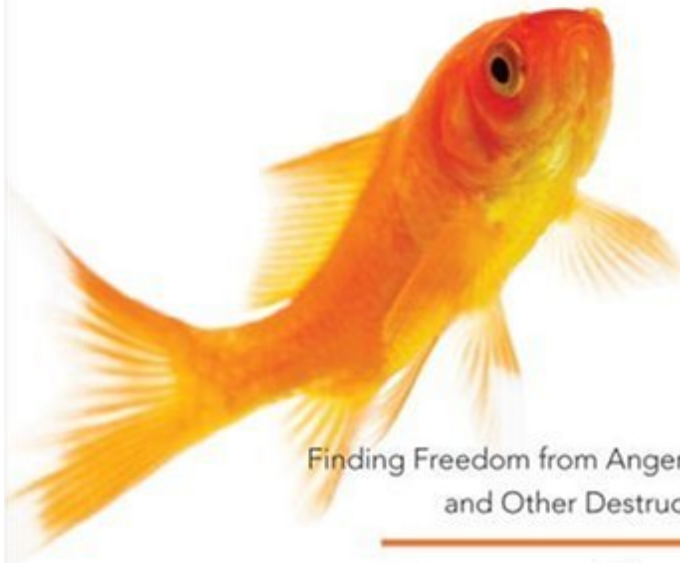
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Don't Bite the Hook



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About the Author

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*.

From AudioFile

In this production, recorded during a weekend retreat before a rapt audience, Buddhist nun Pema Chdrn teaches listeners about the value of patience and how to avoid biting the hook of habitual anger or defensiveness. Although shes speaking without a script, Chdrn is wonderfully articulate and never repetitive as she uses fresh, direct language. She is also a spiritual leader with a sense of humor; her intelligent voice and easy laugh make everything she has to say more inviting to consider, even when shes talking about new approaches that run counter to our human impulses for retaliation and self-protection. Her compassion, which appears to spring from deep self-knowledge, makes her reflections all the more compelling. J.C.G. Winner of AudioFile Earphones Award © AudioFile 2007, Portland, Maine-- Copyright © AudioFile, Portland, Maine

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DON'T BITE THE HOOK: FINDING FREEDOM FROM ANGER, RESENTMENT, AND OTHER DESTRUCTIVE EMOTIONS BY PEMA CHODRON PDF

Life has a way of provoking us with traffic jams and computer malfunctions, with emotionally distant partners and crying children—and before we know it, we're upset. We feel terrible, and then we end up saying and doing things that only make matters worse. But it doesn't have to be that way, says Pema Chödrön. It is possible to relate constructively to the inevitable shocks, losses, and frustrations of life so that we can find true happiness. The key, Pema explains, is not biting the "hook" of our habitual responses. In this recorded weekend retreat, Pema draws on Buddhist teachings from *The Way of the Bodhisattva* to reveal how we can:

- stay centered in the midst of difficulty
- improve stressful relationships
- step out of the downward spiral of self-hatred
- awaken compassion for ourselves and others

3 CDs, 3 hours

- Sales Rank: #44082 in Books
- Published on: 2007-07-10
- Released on: 2007-07-10
- Formats: Audiobook, CD
- Original language: English
- Number of items: 3
- Dimensions: 5.75" h x .73" w x 5.18" l, .26 pounds
- Running time: 210 minutes
- Binding: Audio CD
- 3 pages

Features

- Freedom from anger
- true happiness
- freedom from resentment
- improve relationships
- freedom from destructive emotions

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Most helpful customer reviews

8 of 8 people found the following review helpful.

Audio Book Will Change Your Life (at least a little)

By Brenruth

I usually am very skeptical of this type of book, finding them filled with concepts at such a high and general level that they are not particularly meaningful (at least to me). But Pema Chodron is very accessible, smart, practical, and (who knew!) funny. I listened to this with my daughter on the way to drop her off at college and we both really enjoyed it-laughed a lot- and find ourselves making reference back to it often. Pema Chodron is very wise and calming and gives such good advice about the way we can choose to respond to the obstacles (great and small) that we all encounter. I highly recommend audio book over print book so you get the extraordinary Pema Chodron in full dimension and not simply text on a page.

12 of 12 people found the following review helpful.

Don't Bite the Hook: I've Been Doing That for a Long Time!

By Knabblor

Self help books are usually written by a person who has been successful with a certain method they have applied or developed. It doesn't mean that method is going to work for you.

The audion version of "Don't Bite the Hook..." was recommended by a therapist friend. I recommend the audio version, as well.

This three CD recorded presentation only falls vaguely into the self-help category. Pema Chodron relays that there is no road map to serenity. The only way to get there is through questioning, reflection and altering outcomes when we realize the way we handle anger, resentment and frustration removes our joy. There are optional behaviours for every situation in life, and ways to break the cycle your negativity. I found Pema Chodron's voice, humor and patience to be noteworthy moving - to the point that I am actively altering my life-attitude in a positive way.

5 of 5 people found the following review helpful.

Brilliant a Must Own

By reggie

Brilliant. One of the most significant self help CD's available in our times. I am impressed with the work, the presentation and the content. The teachings soak in each time I listen to them. I am ordering another set as I wish to share this with people I love and

care about. Everyone can benefit from Pema Chodron's teachings.

I borrowed my first copy from the library and had to own it. I'm listening to it in my car each and every time I drive anywhere, finding it valuable in teaching me how counterproductive the stress I have allowed traffic to give me, I now look at traffic completely differently and see it as an opportunity to practice the teaching in the CD.

Thank You Pema Peace and Love

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