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With Getting Unstuck, she offers us a first look at both the itch and the scratch, which Tibetan Buddhists call shenpa. On this full-length recording, Pema Chodron, bestselling author and beloved American Buddhist nun, shows us how to recognize shenpa, catch it as it appears, and develop a playful, lively curiosity toward it.

Sounds True - Getting Unstuck

Audio from Pema Chodron's Getting Unstuck. She unveils the mystery of an ineffable quality: a pre-emotional feeling that arises in us and causes us to react with harmful habits.

Pema Chodron - Getting Unstuck (Audio)

40 Tips For Getting "Unstuck" In Acceptance & Commitment Therapy 1. Stop, breathe, notice what's happening! 2. Slow down!!! (Catch yourself speeding up, or trying frantically to think of what to do next, or pulling out metaphor after metaphor, etc and deliberately slow down.) 3. Be aware of your own reactions, and make room for them rather than getting caught up in them. Bring your ...

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With Getting Unstuck, she offers us a first look at "both the itch and the scratch": what Tibetan

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Buddhists call shenpa. On this new, full-length recording, Pema Chodron, best-selling author and beloved American Buddhist nun, shows us how to recognize shenpa, catch it as it appears, and develop a playful, lively curiosity toward it.

Getting Unstuck (Audiobook) by Pema Chodron | Audible.com

I was surprised that there was no review for this insightful and practical 'guide' on getting unstuck. The recording is from a talk that Pema Chodron did at Gampo Abbey and it spans 3 CDs (just over 3 hours).

Getting Unstuck: Amazon.co.uk: Pema Chodron: 9781591792383 ...

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