

# [PDF] The Wisdom Of No Escape And The Path Of Loving-Kindness

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## **Books Details:**

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## **Description:**

**Review** 'As one of Pema Chodron's grateful students, I have been learning the most pressing and necessary lesson of all: how to keep opening wider my own heart.' Alice Walker 'Pema's deep experience and her fresh way of looking at things are like mountain water -- clear and deep.' Jack Kornfield, author of A Path with Heart and After the Ecstasy, the Laundry --This text refers to an out of print or unavailable edition of this title.

**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 also the author of many books and audiobooks, including the best-selling *When Things Fall Apart* and *Don't Bite the Hook*.

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