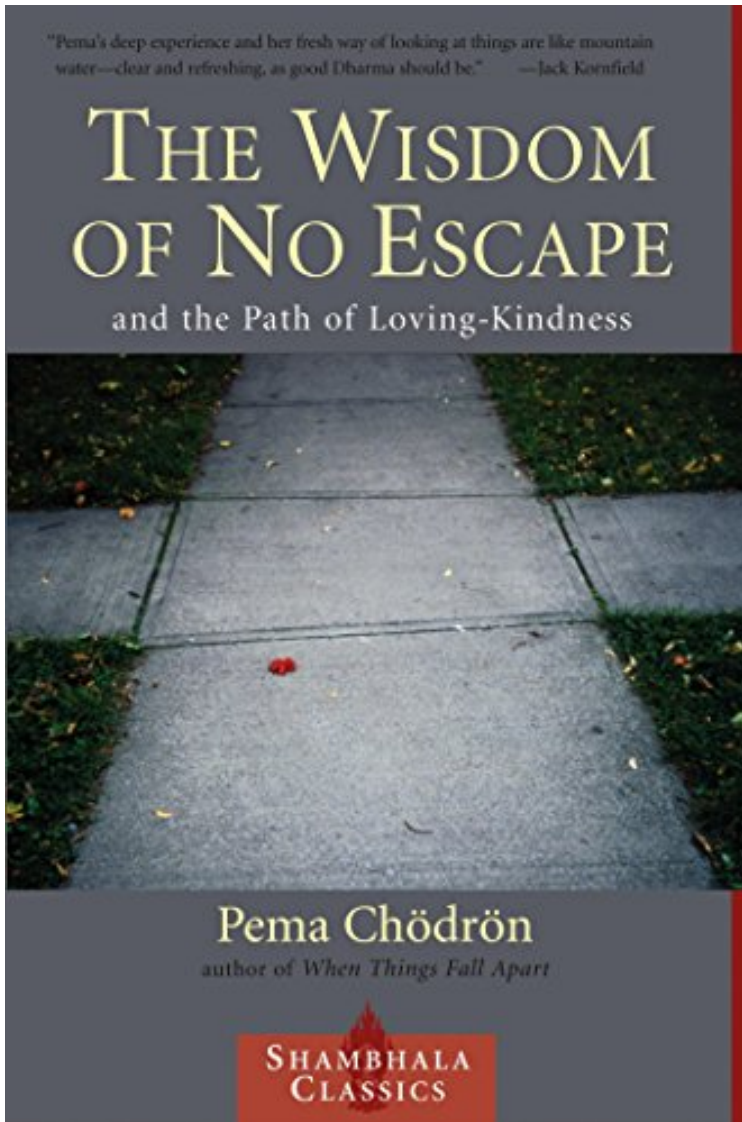


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The Wisdom of No Escape: And the Path of Loving Kindness



Par Pema Chodron

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Prsentation de l'diteurIts true, as they say, that we can only love others when we first love ourselves and we can only experience real joy when we stop running from pain. The key to understanding these truisms lies in remaining open to life in all circumstances, and here Pema Chdrn shows us how. Because when we embrace the happiness and suffering, intelligence and confusion that are a natural part of life, we can begin to discover a wellspring of courageous love within our hearts.Revue de presseThe Wisdom of No Escape offers down-to-earth guidance in cultivating basic sanity and befriending ourselves in the venerable tradition of Chgyam Trungpa Rinpoche.Yoga Journal Heres a woman who embodies her message. She speaks from

genuine connection to the source. Helen Palmer, author of *The Enneagram* says, "It's true, as they say, that we can only love others when we first love ourselves and we can only experience real joy when we stop running from pain. The key to understanding these truisms lies in remaining open to life in all circumstances, and here Pema Chödrön shows us how. Because when we embrace the happiness and suffering, intelligence and confusion that are a natural part of life, we can begin to discover a wellspring of courageous love within our hearts."