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She gets right
to the point and
in the gentlest
way shows us
possibilities of
responding
differently to
things that
disturb us. We
learn that by
looking at
things
differently it
is easy to

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empower
ourselves to not
be so disturbed,
to not be so
reactive, and
yet still be
very much
authentic to
ourselves.

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here. Each of us
gets hooked in
habitual ways of
seeing the

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Unstuck, but how we respond to these situations will in large part determine how much peace and freedom we experience in our lives.

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teaching she
received from
her teacher,
Dzigar Kontrul
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become critical
to her practice.
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In this pithy,
inspiring book,
Pema Chödrön
presents the

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Buddhist concept
of shenpa--which
can be

translated as
"getting stuck"
or "getting
hooked"--and
shows us how we
can liberate
ourselves from
it. Shenpa is
that irritating
sensation that
arises in

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moments when
life suddenly
becomes
disappointing,
difficult, or
painful.

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to dig deep into
their own
patterns of
behavior, to
determine where
they've gotten
stuck in their
lives.

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and not
scratched it? In
the Buddhist
tradition, this
points to a vast
paradox: that by
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Each of us gets hooked in habitual ways of seeing the world, but how we respond to these situations will in large part determine how much peace and freedom we experience in our lives. . . .

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