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Pema Chödrön on shenpa, or the urge, the hook, that triggers our habitual tendency to close down. We get hooked in that moment of tightening when we reach for relief. To get unhooked, we begin by recognizing that moment of unease and learn to relax in that moment. You're trying to make a point

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Getting Unstuck I found this audiobook to be an entertaining, insightful, and

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soul provoking experience. Pema Chodron, with whom I was unfamiliar prior to this book, is an inspiring spiritual teacher in the Buddhist tradition with an engaging, down to earth, reality based approach to teaching.

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We all know what it's like to be triggered-- to have said something we wish we hadn't, or reacted in a way that wasn't helpful. What if there was a way to interrupt our knee-jerk responses and

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make a different choice?

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"Getting Unstuck: Breaking Your Habitual Patterns and Encountering Naked Reality" is the full title of a this incredible series of 3 CD's by Pema Chodron, recorded in one of her retreats. As a student of mindfulness, I have been

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