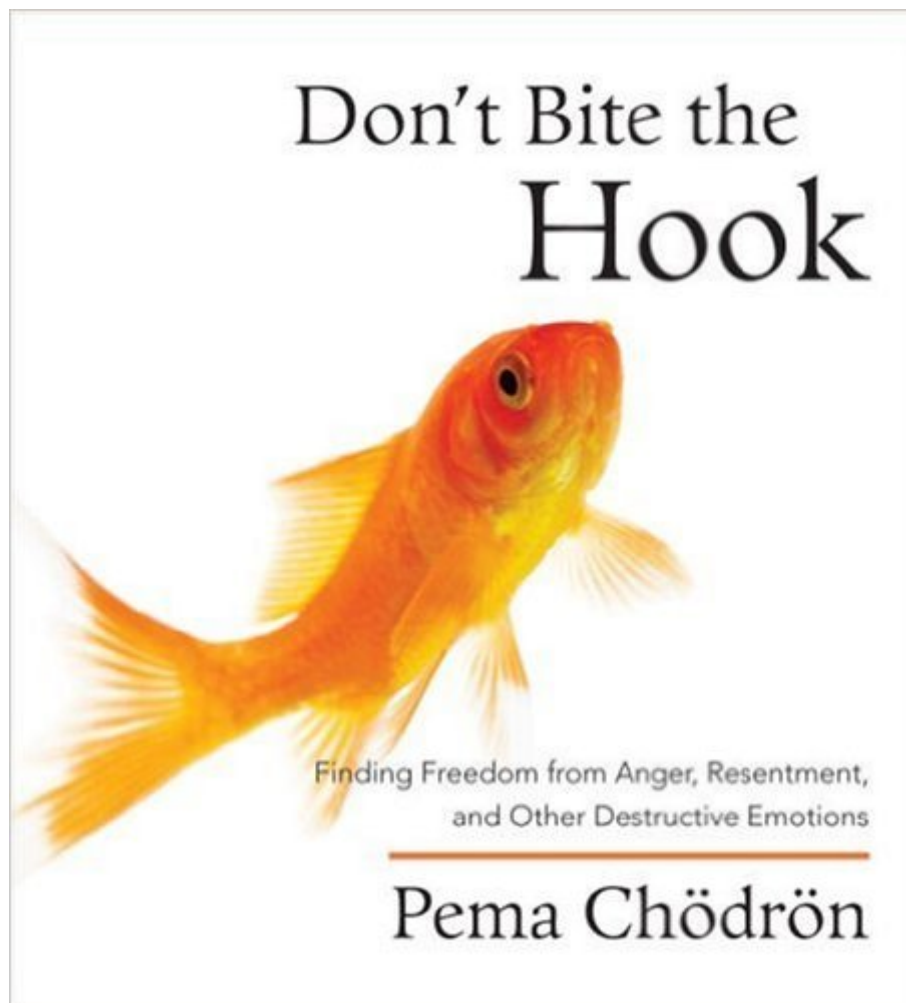


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# Don't Bite The Hook: Finding Freedom From Anger, Resentment, And Other Destructive Emotions



## Synopsis

Life has a way of provoking us with traffic jams and computer malfunctions, with emotionally distant partners and crying childrenâand before we know it, we're upset. We feel terrible, and then we end up saying and doing things that only make matters worse. But it doesn't have to be that way, says Pema Chodron. It is possible to relate constructively to the inevitable shocks, losses, and frustrations of life so that we can find true happiness. The key, Pema explains, is not biting the "hook" of our habitual responses. In this recorded weekend retreat, Pema draws on Buddhist teachings from The Way of the Bodhisattva to reveal how we can: stay centered in the midst of difficulty improve stressful relationships step out of the downward spiral of self-hatred awaken compassion for ourselves and others 3 CDs, 3 hours

## Book Information

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## Customer Reviews

-This book represents something wonderful happening with Eastern spirituality during its exile. Gradually, teachers are finding ways to communicate deep spiritual concepts, in a way that Westerners can really understand and find the "juice". This CD deals with a fundamental Buddhist concept, "attachment". I've been aware of this term for many years, but it didn't really mean much to me at all.-Buddhists are supposed to eliminate their "attachments", but what does this mean? Should you abandon your loved ones? Leave the healthy things in your life that you love the most? It doesn't mean that!-Working with her guru, Ani Pema has found language to explain the concept of attachment to Americans. Our attachments are not the objects of our love, but the way that happenings in our life "hook" us. A driver cuts you off, and calls you a "meathead!", say. Within less

than a second, you are in a rage. You may even "see red"--yes, seeing red is a possible human physical experience of anger. Assuming you restrain yourself from retaliating, for the next few hours your mind is a turmoil of anger, revenge fantasies, thoughts of what you should have done, self-recrimination perhaps, and a deeply buried sick feeling you may not even be aware of.-You've been "hooked"! Deep emotional and behavioral patterns have been triggered, so fast that you couldn't dodge them. Ani Pema shows how to do the hard work of coming to terms with these reactions, so you can walk through the world doing a bit less damage, leaving a more beautiful footprint. This can be a labor of years, no mistake. But through this CD you can see clear to the end of where you're going, and start on a path you can understand somewhat, and which becomes much clearer the further you go.

This is a seemingly extemporaneous western commentary (in front of an audience) on the 1st 51 verses of Shantideva's 8th c. *The Way of the Bodhisattva: A Translation of the Bodhicharyavatara* (Shambhala Dragon Editions). It complements Pema's recent book *No Time to Lose: A Timely Guide to the Way of the Bodhisattva* & (probably, since I haven't heard it yet) her *Bodhisattva Mind: Teachings to Cultivate Courage and Awareness in the Midst of Suffering* 7 CD set which covers 106 verses of the text. So this is a shorter version. The 1st CD is 54:11 in 13 tracks with an avg. of 4:10 & max. of 8:24; the 2nd CD is 77:31 in 20 tracks with an avg. of 3:53 & max. of 11:04; the 3rd CD is 51:15 in 16 tracks with an avg. of 3:12 & max. of 15:52. Overall avg. is 3:53 per track. Total exceeds 3 hours, 9 minutes. The very last track is Q&A of 3 questions--practice vs. repression, medications, & crying. Robert Walker reads each verse before Pema comments on it. She believes Shantideva wrote it in response to his own anger. As usual, she compassionately teaches compassion, using humor, graphic examples (e.g. the Gregory Peck classic "To Kill a Mockingbird" & personal experiences (e.g. visiting prisons). Interestingly, she succeeds in relating lojong mind training to Bodhisattva compassion training.

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