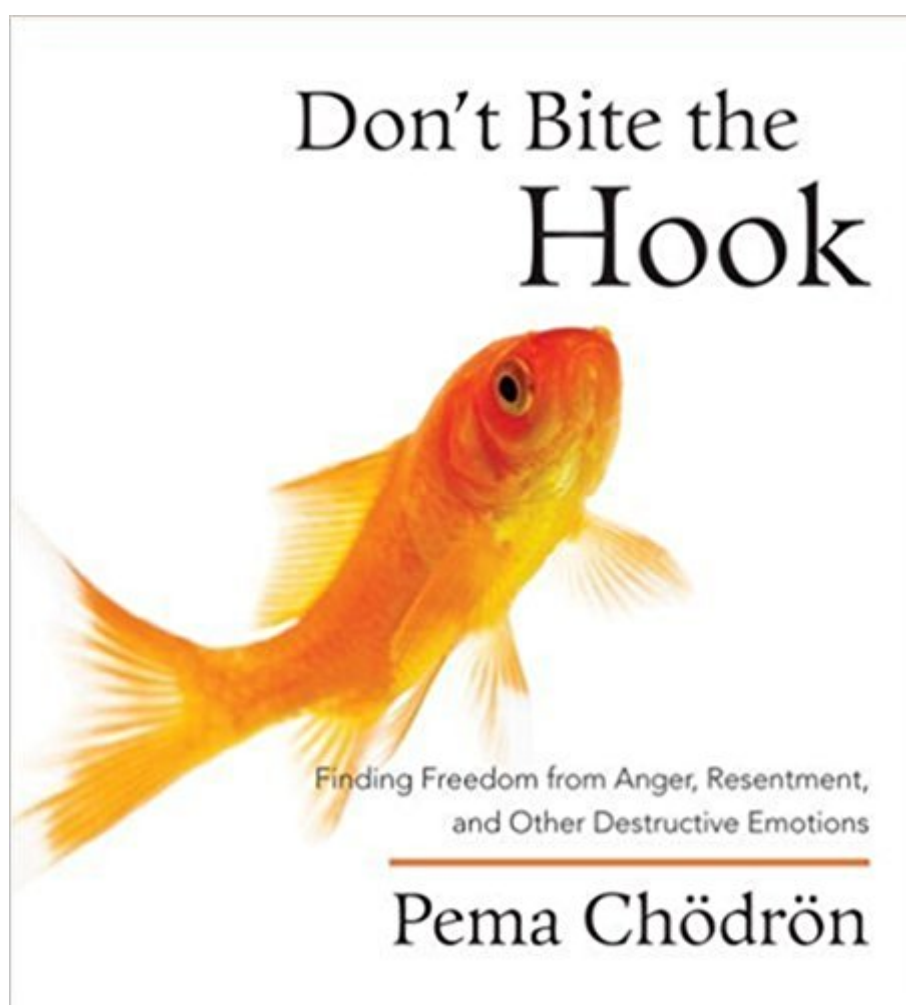


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Don't Bite The Hook: Finding Freedom From Anger, Resentment, And Other Destructive Emotions



Synopsis

Life has a way of provoking us with traffic jams and computer malfunctions, with emotionally distant partners and crying children—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 Chödrön. 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, and awaken compassion for ourselves and others. 3 CDs, 3 hours

Book Information

Audio CD: 3 pages

Publisher: Shambhala Audio; unknown edition (July 10, 2007)

Language: English

ISBN-10: 1590304349

ISBN-13: 978-1590304341

Product Dimensions: 5.2 x 0.7 x 5.8 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 140 customer reviews

Best Sellers Rank: #20,782 in Books (See Top 100 in Books) #3 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #3 in Books > Books on CD > Health, Mind & Body > Meditation #3 in Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

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

In this production, recorded during a weekend retreat before a rapt audience, Buddhist nun Pema Chödrön teaches listeners about the value of patience and how to avoid biting the hook of habitual anger or defensiveness. Although she's speaking without a script, Chödrön is wonderfully articulate

and never repetitive as she uses fresh, direct language. She is also a spiritual leader with a sense of humor; her intelligent voice and easy laugh make everything she has to say more inviting to consider, even when she's talking about new approaches that run counter to our human impulses for retaliation and self-protection. Her compassion, which appears to spring from deep self-knowledge, makes her reflections all the more compelling. J.C.G. Winner of AudioFile Earphones Award
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I usually am very skeptical of this type of book, finding them filled with concepts at such a high and general level that they are not particularly meaningful (at least to me). But Pema Chodron is very accessible, smart, practical, and (who knew!) funny. I listened to this with my daughter on the way to drop her off at college and we both really enjoyed it-laughed a lot- and find ourselves making reference back to it often. Pema Chodron is very wise and calming and gives such good advice about the way we can choose to respond to the obstacles (great and small) that we all encounter. I highly recommend audio book over print book so you get the extraordinary Pema Chodron in full dimension and not simply text on a page.

Self help books are usually written by a person who has been successful with a certain method they have applied or developed. It doesn't mean that method is going to work for you. The audio version of "Don't Bite the Hook..." was recommended by a therapist friend. I recommend the audio version, as well. This three CD recorded presentation only falls vaguely into the self-help category. Pema Chodron relays that there is no road map to serenity. The only way to get there is through questioning, reflection and altering outcomes when we realize the way we handle anger, resentment and frustration removes our joy. There are optional behaviours for every situation in life, and ways to break the cycle your negativity. I found Pema Chodron's voice, humor and patience to be noteworthily moving - to the point that I am actively altering my life-attitude in a positive way.

Brilliant. One of the most significant self help CD's available in our times. I am impressed with the work, the presentation and the content. The teachings soak in each time I listen to them. I am ordering another set as I wish to share this with people I love and care about. Everyone can benefit from Pema Chodron's teachings. I borrowed my first copy from the library and had to own it. I'm listening to it in my car each and every time I drive anywhere, finding it valuable in teaching me how counterproductive the stress I have allowed traffic to give me, I now look at traffic completely differently and see it as an opportunity to practice the teaching in the CD. Thank You Pema Peace

and Love

Don't Bite the Hook has been extremely helpful to me. After reading Radical Acceptance by Tara Brach (THE most helpful book I've read in years), I was more ready to listen to Pema Chodron again. In my previous experiences, I must admit I felt a little put off by Chodron's use of specifically Buddhist terminology and felt like I needed to become a Buddhist to benefit from her teachings. Not so! If you just ignore the words that sound foreign, you'll find that her concepts are universally helpful. As a person who has frequently been "hooked" into unnecessarily painful and excessive emotional reactions to people and situations, I find that I am actually much more peaceful now. I can recognize that I don't need to always react to others' pain, and that a compassionate response is ever so much better for me and the people involved. And it wasn't that hard to do! She is practical and humorous to boot -- just don't get caught up in the Buddhist vocabulary if you're not a Buddhist!

I listen to this in the car back and forth to work. It wasn't exactly what I expected, but it's amazing nonetheless. It keeps me focused and calm- especially on my commute. I keep it in the CD player in my car to turn it on whenever- I like that you can pretty much pick it up from wherever and whatever she is touching on at that point will be relevant!

Ok, so it may sound kind of dramatic to say something I listen to via CD would be life changing. But it has been. I have been working personally on the exact issues addressed in the book. So for that reason it really hit home. Pema Chodren has such a knack for re-stating something, creating an analogy, and in that moment I think "Ohhhh, now I get it". Of course! How simple, how helpful. I have listened to this repeatedly while driving. And every time, it reinforces what I already took note of, or I hear something new, and it soaks in more. I find myself referring back to it mentally when I am circleing the bait. I will probably have to work on this the rest of my life, but for me at this time, what a difference it has made. Thank you Pema Chodren!

I listened to this driving home from a placid week-end in the mountains, and stuck in stand-still traffic. Pema was using managing emotions around being stuck in a traffic jam at this perfect moment. I could only smile and listen a little closer. Like so many folks, I frequently find myself caught in my own emotions about events, making a case against or for something that shut me down to the moment. I'm embarrassed to admit I have so many "grudges" in my mind/heart that stop me from growth and forgiveness. I recommend these talks to anyone, whether interested in

buddhist thought or not, as a way to understand and release angry thoughts. She has a way of presenting ideas and concepts that is down to earth and downright entertaining.

Wonderful. Just back from a trip by myself to a foreign country, where I got the flu. Thanks to Pema I didn't fall in the hole of " OH NO HOW CAN I GET SICK!! AWAY FROM HOME!--ITS ALL SPOILED" ..rather, basked in warm air, quiet barefoot walks on beaut. beach, tropical fruit and kind people all around me.Did not bite the hook.Hooray for Pema and me!

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