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

## Getting Unstuck | DailyOM

Getting Unstuck: From Getting Unstuck On-line Course. The following is an excerpt from the "Getting Unstuck" on-line course. If you would like to enroll in the course, [click here](#). 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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BY Pema Chodron In this pithy, inspiring book, Pema Chödrön presents the 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 moments when life suddenly becomes disappointing, difficult, or painful.

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

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