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student focus on the essential teachings of Buddhism. For the beginner, I would recommend starting with this book and moving on to Buddha Mind Buddha Body for a deeper and more thought provoking text.

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Escape. It's true, as they say, that we can only love others when we first love ourselves and we can only experience real joy when we stop running from pain. The key to understanding these truisms lies in remaining

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open to life in all
circumstances, and here Pema
Chödrön shows us how.

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Marie (I did not write this
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**The Wisdom of No Escape by
Pema Chodron: 9781611806052**

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folly—anger or fear or
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melancholy—Chödrön teaches
that freedom from it lies in
'getting to know it
completely, with some kind

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of softness, and learning
how, once you've experienced
it fully, to let go.'"

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life in all its
manifestations—embracing the
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"There is a story of a woman
running away from tigers.
She runs and runs and the
tigers are getting closer

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and closer. When she comes to the edge of a cliff, she sees some vines there, so she climbs down and holds on to the vines. Looking down, she sees that there are tigers below her as well.

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