



Don't Bite the Hook: Finding Freedom from Anger, Resentment, and Other Destructive Emotions

Pema Chödrön

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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
- awaken compassion for ourselves and others

3 CDs, 3 hours

Don't Bite the Hook: Finding Freedom from Anger, Resentment, and Other Destructive Emotions Details

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From Reader Review Don't Bite the Hook: Finding Freedom from Anger, Resentment, and Other Destructive Emotions for online ebook

Shante Smalls says

This changed and continues to change my life. Pema is able to transmit the dharmic teachings with power *and* gentleness. The audio CD is the best format to encounter this particular set of teachings.

Jon(athan) Nakapalau says

Anger and resentment are 'hooks' that we bait ourselves...Pema Chödrön helps us see this; and stops us from biting a hook that will only lead to our destruction. Very accessible book on Buddhist psychology.

Susan Black says

audio book - listened to while creating new collage/mixed media pieces. So fantastic.
I feel like I should listen to it daily ...

Alex van Frank says

I did the audio book in my car and she was a wonderful companion on difficult rides. I highly recommend this on audio. You'll find yourself throwing blessings at road ragers --and to tell the truth they are the ones who need it most!! ;)

Melissa says

I really enjoyed listening to Pema. I've been reading some books about Buddhism lately, and I have to admit, sometimes I'm distracted by all the words I don't know how to pronounce. You don't have that problem with the audio book. And, Pema is hilarious! Her humor really shines in this format. I plan to listen to this again before returning it.

MaryJohanna says

I loved this audiobook! Pema Chodron teaches from an 8th century Shanti Deva poem on how not to "bite the hook" - breaking free of our habitualized responses to life's triggers for irritation, frustration and anger.

I'll listen to these lectures again and again - both to continue my practice and simply to hear Pema Chodron laugh.

Joan says

Excellent! As someone who sometimes suffers from repressed anger and resentment (don't we all?), I admittedly "bite the hook" far too often, especially when I am under stress. I really enjoyed listening to Pema Chodron's insights. Although I am not a Buddhist, I found that I could relate to her message. I plan to listen again and again so that I can more fully grasp all of the nuggets of wisdom. Highly recommended!

Chanda says

I have listened to this about three times and I still have no idea how to control my 'shenpa' but for some reason when I listen to this, even if I do absolutely nothing she says, I feel better. Surprisingly, she's also pretty funny. I didn't think I would listen to a buddhist nun speak and find her humorous but, there you go! <http://bibliofilesbookrating.blogspot...>

Janet says

Pema simply rocks. Listened to this on CD for the second time; think the first was about 5 or 6 years ago. Got as much out of it this time as the last, if not more. No matter where you are on your journey, Pema offers clear and humorous advice about dealing with shenpa--the urge, the hook, that triggers our habitual tendency to close down.

Ayesha Ali says

Superb. Great practical advice and memorable examples on how to handle adversity. Highly recommended as a pre-Christmas reading/listening since Christmas can be a tense time when we are surrounded by loved ones and all the baggage that comes with that. Highly recommended.

Mike says

Pema Chodron is the most accessible Buddhist I've ever encountered in my life. She's funny, humble, self-effacing and admits how human/broken/unenlightened she is in a casual but hellishly insightful reading from an 8th century Indian spiritual notable.

Ever heard the Dalai Lama speak about buddhism? I tried it once, and after about ten minutes I gave up. The impression I was left with was he was a narrow-minded hardass about Buddhism - if you don't look at it the One True Way, you're wrong and you need to get straight. It was off-putting to say the least, and weird to think of this alongside his reputation as happy, playful and calm.

I never get that feeling when I hear Pema Chödrön speak. I always feel like she's one of us, with some choice perspectives on how to steer slightly towards a happier life.

Suze says

I love this audiobook! Pema Chodrin's down-to-earth interpretation of ancient Buddhist teachings brings it right home to where we live. With engaging personality she suggests we train for huge adversity by practicing with little sufferings – traffic jams, mosquito bites, not getting the seat you wanted – without complaint or anger. Her humour shines through as she urges us to plant positive thoughts in negative situations ... "May I and this *bastard* obtain enlightenment together". She asks, "Why get angry at people for their temporary relapse? That's like getting angry at the sky for having clouds passing through it." This one's a keeper for me, to listen to over and over.

James Pritchert says

This was my introduction to Buddhist thought and theory. I found it quite interesting and relevant to my current life. As the extended title suggests the entire book is a lecture on acceptance presented by the author in a very interesting and matter of fact way. This may not be the book to finding relief from anger but is certainly a useful stepping stone. It makes me want to further explore the Buddhist realm and see if there's more in it for me. After all, what do I have lost?

Don says

when challenged ask and open vs spin-off and rework, justify anger, caught in self-importance, addictive undertow of anger and negative criticism, Buddha-main addition to me/myself/I, armor to not fear, evil is purposeful hatred to others, patience vs violent peace demonstrators, uncover your good heart and mind with courage and lack of fear, good bad neutral.

Andy says

Pema Chodron is my go-to person in terms of looking at how to deal less than positive emotions from a Buddhist perspective. In DBTH she interprets ancient text into contemporary situations, encouraging the listener (it's an audio book)*not* to take her word for it, or the words from hundreds of years ago, but to consider each point and explore its truths on one's own.

Chodron is funny and honestly I'm not sure who wouldn't find something of value here, unless you always handle anger, jealousy, resentment, etc, in a perfect fashion. One of the key points for me was (and always is when involving Buddhist discussion) - learn how to embrace change and not to have your feathers ruffled. There will always be things happening that you're not going to like, people wronging you, whatever the case may be..and you can run from that or get someone back twice as hard (my personal downfall :)...but the key to having a calmer, more open and rewarding existence is to look at those negative acts and wonder "how did that person get like that?"

Another important point was "facing the detox". Addressing long-used negative patterns is not at all easy. But just like a physical detox, it starts out pretty rough and only gets easier with time.

I felt like I wanted it to go further than it did, I think this is partially due to the fact that it is a recorded seminar so does not have the depth of a thoroughly discussed hard copy book.
