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Getting Unstuck | DailyOM Pema Chödrön on shenpa, or the urge, the hook, that triggers our habitual tendency to close down. We get hooked in that moment of tightening when we reach for relief. To get unhooked, we begin by recognizing that moment of unease and learn to relax in that moment.

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Getting Unstuck | DailyOM About Pema Chodron. Pema Chodron is an internationally renowned spiritual

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teacher, meditation master, and New York Times bestselling author. She is one of the first fully ordained American nuns in the tradition of Tibetan Buddhism and beloved spiritual teacher to thousands around the world.

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