

# Getting Unstuck Pema Chodron

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**pema chodron** Jun 25 2022 pema chodron was born deirdre blomfield brown in 1936 in new york city she attended miss porter s school in connecticut and graduated from the university of california at berkeley she taught as an elementary school teacher for many years in both new mexico and california pema has two

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is a meditation teacher psychologist and author of several books including  
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**pema chödrön wikipedia** Mar 22 2022 pema chödrön ?? ? ? ? ? padma chos sgron lotus dharma lamp born deirdre blomfield brown july 14 1936 is an american tibetan buddhist she is an ordained nun former acharya of shambhala buddhism and disciple of chögyam trungpa rinpoche chödrön has written several dozen books and audiobooks and is principal teacher at gampo abbey in nova scotia

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