

The background of the entire image is a photograph of a field of bright orange and yellow flowers, possibly daisies or similar wildflowers, set against a clear, bright blue sky. The flowers are in various stages of bloom, with some in sharp focus and others blurred in the foreground and background, creating a sense of depth. The overall mood is bright, cheerful, and natural.

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Pema  
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Getting UNstuck

# Getting Unstuck Pema Chodron

**RS Peters**



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