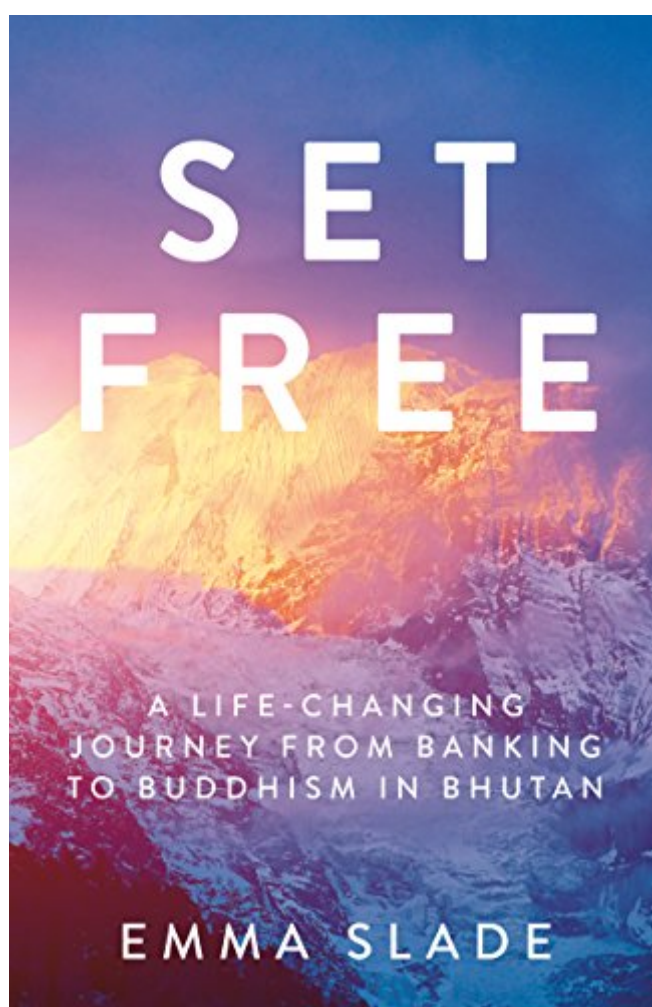


The book was found

Set Free: A Life-Changing Journey From Banking To Buddhism In Bhutan



Synopsis

"The man with the gun pushed me down onto the carpet. I tried to cower to make my body curl smaller, instinctively covering my head. "Oh God, please don't kill me." My words clung to my teeth and now my whole body was so cold. All I had left were these words. "Please. Please don't kill me. Jesus. God. Please. I wanted to live and I knew it with absolute certainty. I don't want to die." Emma Slade was a high-flying debt analyst for a large investment bank, when she was taken hostage in a hotel room on a business trip to Jakarta. She thought she was lucky to come out of it unscathed, but over the ensuing weeks and months, as the financial markets crashed, Emma became her own distressed asset as the trauma following the event took hold. Realising her view on life had profoundly changed she embarked upon a journey, discovering the healing power of yoga and, in Bhutan, opening her eyes to a kinder, more peaceful way of living. From fast-paced City life to the stillness of Bhutan's Himalayan mountains, Set Free is the inspiring true story of Emma's astonishing life lived to extremes and all that that entails: work, travel, spirituality, Buddhism, relationships, and the underlying question of what makes a meaningful life.

Book Information

File Size: 4875 KB

Print Length: 321 pages

Publisher: Summersdale Publishers Ltd (April 10, 2017)

Publication Date: April 10, 2017

Language: English

ASIN: B01N4NXOKV

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,041,450 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #57

in Books > Travel > Asia > Bhutan #2177 in Books > Kindle eBooks > Nonfiction > Travel > Travel Writing #7127 in Books > Travel > Travel Writing

Customer Reviews

A stunningly beautiful book bridging East and West. Identifying with Emma and her journey, I was captivated from the start. Uplifting and inspiring, proof that kindness is always possible. Highly recommended.

Emma tells her honest and touching story of how she became the first Western Bhutanese nun. We are all very blessed by her sharing her path. A wonderful book to share with friends.

Set Free by Emma Slade Emma is an exceptionally bright and successful young woman who takes us with her on her inner and outer unsettling journey of recovery from PTSD through many fascinating and different twists and turns until she eventually discovers her life's purpose. She shows the power and courage that it takes to risk making pioneering changes that led her to a life of spiritual fulfilment born from compassion and devotion to others. Once she found her authentic path, only then could I settle into the joy of this book so that I could not put it down. An inspiring, courageous and tough journey. This is a book not to be missed, especially for anyone seeking uncompromising answers to questions about their own life path.

After meeting Emma/Ani Pema Deki in London this year, me and my daughter were deeply touched. Since then we are following her activities, on the occasion of our own trip to Bhutan meeting people that matter to her... and now to us, too. "Set free" tells her lifestory until now and leaves everyone I know inspired, amazed and fascinated. Ready for real life adventure? Read it! Ready to develop meaning, love and compassion in your own life? Read it! Looking for hope in a weird world? Read it! Loving fairy tales and happy endings? Read it! Keep going, Emma, and tell us more soon...

An inspiring story of Emma's journey to find her inner self.

[Download to continue reading...](#)

Set Free: A Life-Changing Journey from Banking to Buddhism in Bhutan Buddhism: Beginner's Guide to Understanding The Essence of True Enlightenment (Buddhism, Buddhism Beginners, Buddhist Books, Buddhism Books, Zen Buddhism Book 1) Foundations of Banking Risk: An Overview of Banking, Banking Risks, and Risk-Based Banking Regulation Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism For Beginners, Buddha, Zen Buddhism, Meditation for Beginners) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) BUDDHISM: 50 Buddhist

Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Free Cookbooks: Box Set: The Complete Healthy And Delicious Recipes Cookbook Box Set(30+ Free Books Included!) (Free Cookbooks, Free, Cookbooks, Recipes, Easy, Quick, Cooking,) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Islamic Banking and Finance: Introduction to Islamic Banking and Finance, Case Studies and Workbook, 3 Volume Set The Art of RF (Riba-Free) Islamic Banking and Finance: Tools and Techniques for Community-Based Banking (Wiley Finance) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Bhutan: Himalayan Mountain Kingdom (Odyssey Guide. Bhutan) The Bhutan Bucket List: 100 Ways to Unlock Amazing Bhutan (The Bucket List Series) Bhutan: related: bhutan, india, Buddhist, monasteries, dzongs, Taktsang Palphug, Paro, Thimphu, bharat, buddhistic, BHUTAN Country Studies: A brief, comprehensive study of Bhutan Bhutan Handbook, 2nd: Travel guide to Bhutan (Footprint - Handbooks)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)