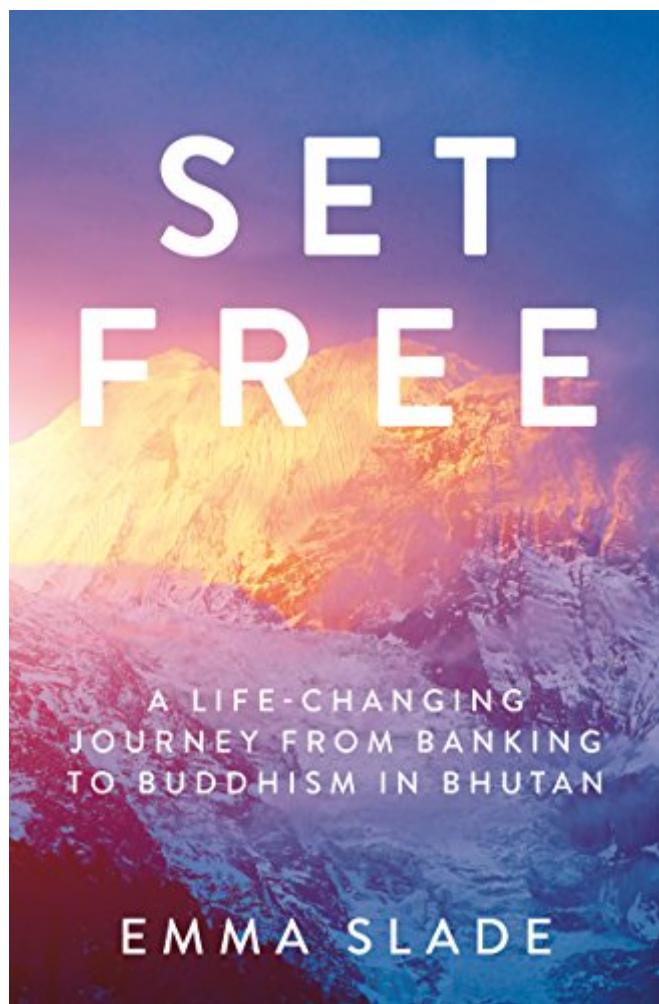


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# **Set Free: A Life-Changing Journey From Banking To Buddhism In Bhutan**



## 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.â ^Oh God, please donâ ™t kill me.â ™ My words clung to my teeth and now my whole body was so cold. All I had left were these words.â ^Please. Please donâ ™t kill me. Jesus. God. Please.â ™I wanted to live and I knew it with absolute certainty. I donâ ™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 Bhutanâ ™s Himalayan mountains, Set Free is the inspiring true story of Emmaâ ™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

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## 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 fasznated. 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.

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