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Radical Acceptance Embracing Your Life With the Heart of

Radical Acceptance does not mean self-indulgence or passivity. Instead it empowers genuine change: healing fear and shame and helping to build loving, authentic relationships. When we stop being at war with ourselves, we are free to live fully every precious moment of our lives.

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Radical Acceptance Embracing Your Life With the Heart of

I have tried twice to read the Power of Now, and could never quite grasp what all the fuss was about. This book, Radical Acceptance, delivered the insights that I was supposed to get from the other book. It is basically talking about the same subjects, but Tara Brach brings a humanity to her approach that is sadly missing in Power of Now.

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Tara Brach Wikipedia

Tara Brach (born May 17, 1953) is an American psychologist and proponent of Buddhist meditation. She is a guiding teacher and founder of the Insight Meditation Community of Washington, D.C. (IMCW). Dr. Brach teaches her Wednesday night meeting in Bethesda, Maryland.

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About Tara Brach. Tara Brach, Ph.D., is the author of Radical Acceptance, winner of a Books for a Better Life Award. She is the founder of the Insight Meditation Community in Washington, D.C., and has conducted workshops across the country.

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Sounds True Radical Self Acceptance

Wow. Tara Brach's work is transformational. Her gentleness, her compassion, her use of self-disclosure and candor were brilliant. It helped me to uncover ways that shame was operating that I was so unaware of -- not in the "self-help" sense, but in an affirming and self-loving way.

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