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Radical Acceptance

By Tara Brach



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Radical Acceptance By Tara Brach

For many of us, feelings of deficiency are right around the corner. It doesn't take much--just hearing of someone else's accomplishments, being criticized, getting into an argument, making a mistake at work--to make us feel that we are not okay. Beginning to understand how our lives have become ensnared in this trance of unworthiness is our first step toward reconnecting with who we really are and what it means to live fully.

--from **Radical Acceptance**

Radical Acceptance

“Believing that something is wrong with us is a deep and tenacious suffering,” says Tara Brach at the start of this illuminating book. This suffering emerges in crippling self-judgments and conflicts in our relationships, in addictions and perfectionism, in loneliness and overwork--all the forces that keep our lives constricted and unfulfilled. Radical Acceptance offers a path to freedom, including the day-to-day practical guidance developed over Dr. Brach's twenty years of work with therapy clients and Buddhist students.

Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations. Step by step, she leads us to trust our innate goodness, showing how we can develop the balance of clear-sightedness and compassion that is the essence of **Radical Acceptance**. **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.

From the Hardcover edition.



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Radical Acceptance By Tara Brach Bibliography

- Sales Rank: #16995 in eBooks
- Published on: 2004-11-23
- Released on: 2004-11-23
- Format: Kindle eBook

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Editorial Review

From Publishers Weekly

A psychotherapist and Buddhist meditation teacher in the tradition of Jack Kornfield (who contributes a foreword), first-time author Brach offers readers a rich compendium of stories and techniques designed to help people awaken from what she calls "the trance of unworthiness." The sense of self-hatred and fearful isolation that afflicts so many people in the West can be transformed with the steady application of a loving attention infused with the insights of the Buddhist tradition, according to Brach. Interweaving stories from her own life as a hardworking single mother with many wonderful anecdotes culled from her therapy practice and her work as a leader of meditation retreats, Brach offers myriad examples of how our pain can become a doorway to love and liberation. An older Catholic woman in one of Brach's weekend workshops, for example, recounts how she learned to ask God to help hold her pain. Like her colleagues Kornfield, Sharon Salzberg, Joseph Goldstein and others in the Vipassana or Insight meditation tradition, Brach is open-minded about where she gathers inspiration. Garnishing her gentle advice and guided meditation with beautiful bits of poetry and well-loved if familiar dharma stories, Brach describes what it can mean to open to the reality of other people, to live in love, to belong to the world. Obviously the fruit of the author's own long and honest search, this is a consoling and practical guide that can help people find a light within themselves.

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Review

"**Radical Acceptance** offers gentle wisdom and tender healing, a most excellent medicine for our unworthiness and longing. Breathe, soften, and let these compassionate teachings bless your heart."

— Jack Kornfield, author of **A Path with Heart** and **After the Ecstasy, the Laundry**

From the Hardcover edition.

From the Inside Flap

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Users Review

From reader reviews:

John White:

Do you have favorite book? In case you have, what is your favorite's book? Guide is very important thing for us to be aware of everything in the world. Each reserve has different aim or even goal; it means that guide has different type. Some people really feel enjoy to spend their time and energy to read a book. These are reading whatever they get because their hobby is actually reading a book. Consider the person who don't like reading through a book? Sometime, man or woman feel need book after they found difficult problem or exercise. Well, probably you should have this Radical Acceptance.

Rana Jensen:

The book Radical Acceptance can give more knowledge and information about everything you want. So why must we leave a good thing like a book Radical Acceptance? A number of you have a different opinion about publication. But one aim which book can give many info for us. It is absolutely suitable. Right now, try to closer together with your book. Knowledge or info that you take for that, you are able to give for each other; you may share all of these. Book Radical Acceptance has simple shape however, you know: it has great and large function for you. You can look the enormous world by open and read a guide. So it is very wonderful.

Judi Orta:

Your reading sixth sense will not betray you, why because this Radical Acceptance guide written by well-known writer who knows well how to make book that could be understand by anyone who also read the book. Written throughout good manner for you, still dripping wet every ideas and composing skill only for eliminate your hunger then you still skepticism Radical Acceptance as good book but not only by the cover but also by content. This is one guide that can break don't ascertain book by its handle, so do you still needing yet another sixth sense to pick this kind of!? Oh come on your reading through sixth sense already told you so why you have to listening to yet another sixth sense.

Tia Rosario:

In this era which is the greater man or woman or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple way to have that. What you are related is just spending your time not much but quite enough to possess a look at some books. Among the books in the top list in your reading list is definitely Radical Acceptance. This book that is qualified as The Hungry Mountains can get you closer in getting precious person. By looking upwards and review this guide you can

get many advantages.

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