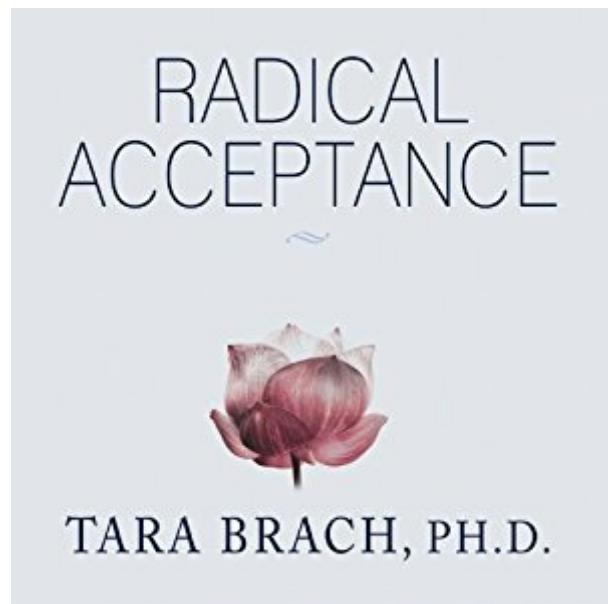


The book was found

Radical Acceptance: Embracing Your Life With The Heart Of A Buddha



Synopsis

"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 20 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.

Book Information

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Customer Reviews

This is a fantastic book, even if you are not a Buddhist. It has a lot of great advice for people suffering from imposter syndrome and has a lot of helpful tips for practicing mindfulness. The author shares many personal stories, making your experience as a reader more intimate than many "how do, self help" books.

Great hands-on application of mindfulness. Practical book rife with examples from everyday life.

Filled with both empowerment and compassion. What's wonderful is that you can just read a few pages and apply it for the rest of the day. So whether reading it or carrying its contents with you, you are being mindful--and likely stronger, more empowered, and happier.

This is the ultimate reference for freeing yourself of fear, loneliness, shame, insecurity, and learning to live fully. It teaches in the most thorough way how to learn to live with and accept those things and so be free of them, instead of resisting and suppressing and so being controlled by them. That is immensely easier said than done. It summarises and goes into more depth and connects more honestly and compassionately with the actual experience of these things than any other book or teaching I've worked with. It also goes as deeply if not more into the actual psychology and specific approaches to deal with them than any other source I have encountered. It is accessible and substantial.

In this book, Tara Brach gives a very holistic perspective on self-acceptance. This comes from her background of being not only a psychotherapist, but a mindfulness teacher and a long time Buddhist. Unlike some books on Eastern philosophy, which are very woo - woo and out there, this book gives a lot of practical examples and guided meditations that the reader can use to deepen their sense of radical self - acceptance. This topic is also examined from multiple perspectives, which

I bought this book on the recommendation of a meditation group. They are using it as a guide for an ongoing series of meditation meetings. I also bought it as an audio book. The narrator has a pleasant voice. I've found the case histories and lessons have stayed with me weeks after finishing the book. Now I follow Tara Brach on Facebook. I love the concept of radical acceptance as key to find our way out of, as the author puts it the 'trance of unworthiness'.

This is a great introduction to meditation for smart if skeptical people. Tara put words to the chaotic swirl of thoughts that dominated my mental landscape before I began meditating. After reading Radical Acceptance, I started going to Tara's website and listening to her audio meditations. They're a great complement to the book and offer an easy way to get started with your own meditation practice.

Tara Brach, a long-time meditation teacher and psychotherapist, provides a practical guide for those

wanting to create a mindfulness/meditation practice for themselves. There is enough science for those leaning that way and enough "spirituality" for those wanting that. She is one of those Jewish-Buddhist ("Jewbus") talked about in Dan Harris' book, 10% Happier, (in fact she is mentioned in his book) and there are several of those authors out there but I find her book one of the more accessible and useful ones. She also has a very good webpage with many video lectures (she gives talks weekly in the DC area); articles and podcasts that someone interested in mindfulness should find interesting/useful. That webpage should give a good picture of her philosophy and approach to handling the "lost in thoughts" and "monkey mind" struggles that are at the heart of most of our mental difficulties. Her book was one of the first of many I read on mindfulness and is still one of the best and is one that many cognitive therapists in my area recommend to their patients.

Tara Brach has a unique gift for simplifying practical lessons of Buddhism for every day peace. I love the way she explains how to embrace sad and fearful emotions with compassion so that we can look at them enough to begin the healing process. A beautiful guide to hold your hand thru the tough times and an encouraging voice in when things go well. I see this as a book I will reread, recommend, and refer to readily. Many thanks!

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