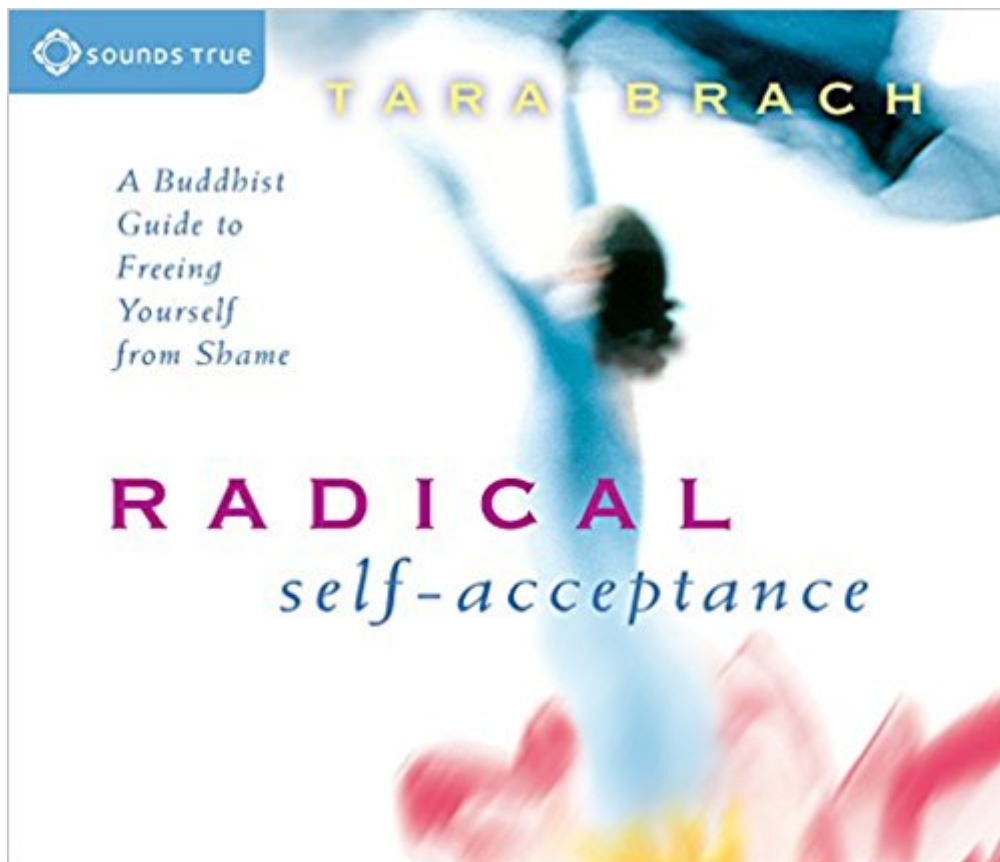




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Radical Self-Acceptance: A Buddhist Guide To Freeing Yourself From Shame



Synopsis

In the same tradition as such bestselling authors as Jack Kornfield and Sharon Salzberg, Insight Meditation teacher Tara Brach has cultivated one of the largest and most active Buddhist meditation communities in the eastern United States. With *Radical Self-Acceptance*, this gifted guide brings her enthusiasm and depth of experience to a wide new arena of listeners for the first time.

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Customer Reviews

In the same tradition as such bestselling authors as Jack Kornfield and Sharon Salzberg, Insight Meditation teacher Tara Brach has cultivated one of the largest and most active Buddhist meditation communities in the Eastern United States. With *Radical Self-Acceptance*, this gifted guide brings her enthusiasm and depth of experience to a wide new arena of listeners for the first time. "Imagine what it would be like to be without anxiety about your imperfections", begins Brach. Employing her skills in two worlds, this clinical psychologist and meditation instructor takes on what she considers to be the most difficult -- and pervasive -- challenge to Westerners today: the suffering caused by our feelings of unworthiness and deficiency. Here, Brach teaches the specific practices we need to become more mindful and compassionate toward the "unforgivable" parts within ourselves -- and how to free ourselves from "the prison of shame and self-aversion". Practical and supportive, *Radical Self-Acceptance* marks the debut of one of the most capable new voices today on the marriage between Eastern meditation and Western psychology. --This text refers to an out of print or unavailable edition of this title.

Tara Brach is the founder and senior teacher of the Insight Meditation Community of Washington, D.C. She is a practicing clinical psychologist, a lay Buddhist priest, and the author of the forthcoming book *In the Shadow of the Buddha*.

When I got this CD I was a little put off by it at first... not by what the author was saying but by her pronunciation and tone (rather like Kathryn Hepburn) that at times seemed overly self-involved. I decided that I was going to ignore this and instead be open to all the good she had to offer. I am SO GLAD that I kept listening. These recordings contain a wealth of wisdom that will surely boost your personal growth and understanding. Just about everyone needs to love themselves more, and honestly, most people are clueless about how to do it. These lectures give you concrete ways to be more in touch with yourself and more understanding, which is the essence of love. I've listened to the whole series a few times, and gifted it to a couple of friends.

Tara Brach's CD has helped me rid my conscious, and subconscious, of things that have plagued me for 1/2 a century. I purchased the book first. I've better learned the material from the CD. ... Hearing the material brought it more to life in my learning style ... so much so, that I was easily able to start using more and more of the techniques presented with rapid results ... realizing totally successful results. As a professional in the realm of the medical fields, I have learned many ways to stop using, even (supposedly) to eliminate, tapes from past actions that were self-destructive to me. Some worked on some things. "Radical Self Acceptance" was suggested to me by a psychiatrist friend. The results for me have been staggering ... in a few short months I fully eliminated many negative 'mental tapes' with little or no recurrence over the past year+. And, it is getting stronger as time passes. While I also use the book, it is good for those who learn that way. The CD was sent to me from my higher power so I might find some welcome, permanent relief allowing for more joy in life.

You can never go wrong with Tara Brach, and this audio book is no exception. Tara covers this important topic with her usual grace, calm, and thoroughness. I had forgotten to check before making my purchase if Tara Brach was the reader on the CDs; fortunately, she is. Having her voice on the recording made the purchase even that more valuable. I've only had these CDs for two weeks and I have listened to them in my car three times. I never grow tired of the messages that Tara Brach brings on very relevant subjects.

Tara is wonderful. I have this in print and finally got around to treating myself with the audio version

years later. Great to listen on the way to and from work, sets my mood and gets my mind set.

These tapes give true inspiration to putting the ageless wisdom of mindfulness to work in one's life. For anyone who longs to be free of suffering, a heart-felt and compassionate way to begin, or gain inspiration to continue. My only quibble is Teacher Tara Brach speaks in a monotone at some points-doubtless this would be soothing as a dharma talk in the meditation hall, but is a bit off putting when listening to at home.

Great

I go back to this CD set over and over again, and every time find a new and deeper level of comfort in Dr. Brach's words and voice. Have purchased this CD for multiple people as gifts since it has improved my life so much. Tara has a voice that radiates compassion, caring, understanding and her message is mirrors those attributes.

Tara is gentle and straightforward in her presentation of simple and yet deep, pertinent ways to address and resolve our vulnerabilities and our shadow. Her stories are delightful, sometimes humorous, and so helpful for understanding and registering her points. This is a must for moving forward spiritually, as well as in our earthly lives.

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