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#### Tara Brach - Official Site

Tara Brach, Ph.D, psychologist, author and teacher of meditation, emotional healing and spiritual awakening.  
[Tara Brach \(Author of Radical Acceptance\) - Goodreads](#)

Tara Brach is a leading western teacher of Buddhist meditation, emotional healing and spiritual awakening. She has practiced and taught meditation for over 35 years, with an emphasis on vipassana (mindfulness or insight) meditation.

[Radical Acceptance: Tara Brach: 8601300326375: Books ...](#)

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: Tara Brach: 8601300382418: Books ...](#)

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.

#### Guided Meditations - Tara Brach

Guided meditations are offered freely by Tara Brach, Ph.D, psychologist, author and teacher of meditation, emotional healing and spiritual awakening.

[Store: Books, Media and Online Courses - Tara Brach](#)

One of the deepest expressions of suffering is self-aversion, a part of what Tara Brach calls the the trance of unworthiness. Drawing on the wisdom of Buddhist teachings, illustrative stories and the transformative power of meditation, Tara guides us in healing the shame and fear that bind our hearts.

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### Radical Acceptance Quotes by Tara Brach

Tara Brach, Radical Acceptance: Embracing Your Life With the Heart of a Buddha. tags: pause, power, refuge, renewal, safety, strength. 24 likes. Like There is something wonderfully bold and liberating about saying yes to our entire imperfect and messy life. Tara Brach, Radical Acceptance: Embracing Your Life With The Heart Of ...

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