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Finding Peace

And Freedom In

Your Own

Awakened Heart

Tara Brach

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spiritual path is coming
to trust that you can find
a way to true refuge.

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Beneath the turbulence of our thoughts and emotions exists a

profound stillness, a silent awareness capable of limitless love. Tara

Brach calls this

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Clinical Psychologist
and Buddhism expert
Tara Brach, PhD,

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shares her insights about working with pain and suffering, meeting our edge and softening, and the simple but profound technique she uses with clients to bring mindful awareness into their daily lives.

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True Refuge inspires the

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confidence needed to face our deepest, most difficult emotions. With tenderness and understanding, she teaches us the practical techniques that can help us loosen the grip of these emotions and arrive at a place of peace and basic goodness which is our essential nature.

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Tara Brach, author of the award-winning *Radical Acceptance*, calls this awareness our true refuge, because it is available to every one of us, at any moment, no exceptions. In this book, Brach offers a practical guide to finding our inner sanctuary of peace and wisdom in the midst of difficulty.

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true refuge, because it is
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