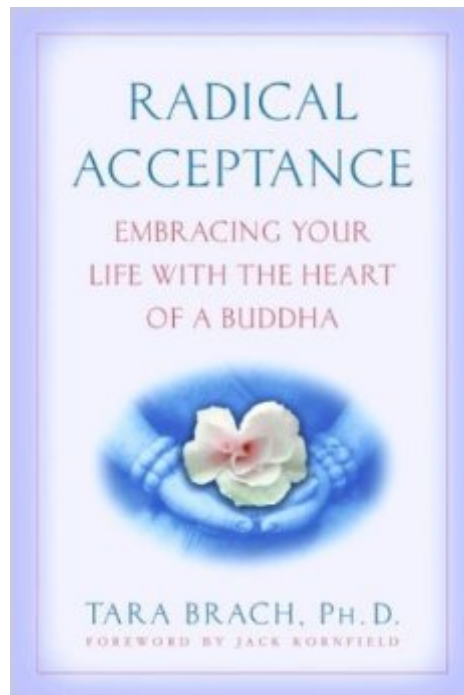


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# Radical Acceptance: Embracing Your Life With The Heart Of A Buddha



## Synopsis

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*

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.

## Book Information

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## Customer Reviews

This book is a treasure. It contains exactly what we all need to hear, reminding us of all the things we are NOT but think we are, as we go through life in a "trance of unworthiness". It is a perfect synthesis of Buddhist teachings and stories and anecdotes about how these teachings actually APPLY to our everyday lives. I've read a lot of books about Buddhism and Zen, but this was one of the first that really made me stop and say (repeatedly)..... "OH.... THAT is what he (the Buddha) meant... and how it relates to ME!" As I mentioned, it is filled with stories and anecdotes from Tara's life, the lives of her students and various others (not to mention the Buddha). This sometimes gives it the flavor of a "Chicken Soup For the Buddhist Soul" book. But I mean that as a compliment! The stories she relates are so profound that in the few days since I've started reading it, I find myself wanting to send excerpts from this book via email to lots of my friends, as well as reading to them from the book over the phone. I don't remember ever doing that with a book before. This book is, in a way, "simplistic"..... you could find many many books that delve more deeply into Buddhist philosophy. But it's the simplicity that makes it so powerful. It's a wonderful "reminder"..... helping us come out of the trance of our minds, beliefs, emotions, etc. and back to the here and now.... to REAL LIFE. It covers much the same territory as the book *The Power Of Now*, just from a slightly different perspective, and would be a wonderful adjunct to that book. It somehow "shakes" you out of your world-view, belief systems, and everything you thought was "true" about your life, but does it GENTLY.

'A book with heart.' In the 25 centuries since the Buddha's enlightenment under the tree in northern India, his teachings have taken on unique expressions as they spread from India and throughout Asia. The core of the teachings kept their integrity and directness, but the forms and expressions they took both helped shape and were shaped by the cultures and pre-existing traditions in these countries. As the Buddha's teachings have spread to the West-particularly in the last two generations-a similarly fascinating encounter is at work. Westerners have the opportunity to read, explore, and practice in a variety of Buddhist traditions-Tibetan, Zen, Insight meditation and others. At the same time, Buddhism in the West is being shaped by our own social, political, cultural, and scientific history of recent centuries-so already Buddhism here looks less monastic, more gender equal, more focused on the inner search for truth than on external rites and rituals, and more agnostic on questions that are not so easily testable by our own direct experience, e.g., reincarnation. The spiritual marketplace is rich with the extraordinary contributions of Westerners who have spent extensive time in Asia studying with teachers there and coming back to share their wisdom-Jack Kornfield, Joseph Goldstein, Sharon Salzberg, Christopher Titmuss, to name just

some of those teaching in the Insight meditation tradition. They have all succeeded in taking these perennial wisdom teachings and expressing them in a language that is accessible to Westerners from many walks of life and spiritual backgrounds. Tara Brach's 'Radical Acceptance: Embracing your Life with the Heart of a Buddha' is a wonderful continuation of this still-new encounter.

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