

## **Radical Acceptance: Guided Meditations**

Tara Brach

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#### Radical Acceptance: Guided Meditations Tara Brach

This CD set of guided meditations accompanies Tara Brach's book, Radical Acceptance (Bantam, 2003.) The meditations, drawn from the Buddhist tradition, guide practitioners in healing difficult emotions, working with pain, arriving in full presence, opening our hearts and realizing our true nature.



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