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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. Tara is the senior teacher and founder of the Insight Meditation Community of Washington.

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About Tara Brach Tara Brach, Ph.D., is the author of Radical Acceptance, winner of a Books for a Better Life Award. She is the founder of the Insight Meditation Community in Washington, D.C., and has conducted workshops across the country.

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Tara Brach, Ph.D., is a clinical psychologist as well as a Buddhist lay priest and popular teacher of mindfulness (vipassana) meditation. She is the founder of the Insight Meditation Community in Washington, D.C., and has conducted workshops at Spirit Rock Center, Omega Institute, the New York Open Center, and other retreat centers nationwide.

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Tara Brach Wikipedia

Tara Brach (born May 17, 1953) is an American psychologist and proponent of Buddhist meditation. She is a

guiding teacher and founder of the Insight Meditation Community of Washington, D.C. (IMCW). Dr. Brach teaches her Wednesday night meeting in Bethesda, Maryland.

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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

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Tara Brach, Ph.D., is a clinical psychologist, an internationally known teacher of mindfulness meditation, and the founder of the Insight Meditation Community of Washington. She is author of bestselling *Radical Acceptance* and *True Refuge*, and has contributed numerous articles to popular magazines and websites.

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