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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. Her colleagues include Jack Kornfield, Sharon

Salzberg, Joseph Goldstein and others in the Vipassana or Insight meditation tradition.
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