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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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Radical Acceptance Embracing Your Life with the Heart of

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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By Julia Thomas. Updated January 02, 2019. Reviewer Chante Gamby, LCSW. The practice of radical acceptance, first developed by Marcia Linehan, is used in Dialectical Behavior Therapy to help people let go of what isn't possible.

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Home TARA MOHR

Tara and I share the same philosophy: we hope inspirational ideas will ignite you to go out and make an impact in your own life. Whether she's writing for mariashriver.com or urging others to become a change agent through

her book, Tara is practicing the Playing Big words she preaches.

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