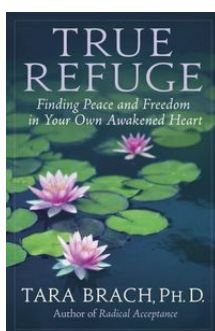


TRUE REFUGE: FINDING PEACE AND FREEDOM IN YOUR OWN AWAKENED HEART

How do you cope when facing life-threatening illness, family conflict, faltering relationships, old trauma, obsessive thinking, overwhelming emotion, or inevitable loss? If you're like most people, chances are you react with fear and confusion, falling back on timeworn strategies: anger, self-judgment, and addictive behaviors. Though these old, conditioned attempts to control our life may offer fleeting relief, ultimately they leave us feeling isolated and mired in pain. There is another way. Beneath the turbulence of our thoughts...



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Tara Brach is a solid, accessible teacher and therapist. I like how she weaves her own, and others', stories into the teaching of the Buddhist practices of compassion and awareness. Her work is practical, grounded in the reality...