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True Refuge

By Tara Brach

Paperback. Book Condition: New. Not Signed; 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-judgement and addictive behaviours. 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 and emotions exists a profound stillness, a silent awareness capable of limitless love. Tara Brach, author of the award-winning *Radical Acceptance*, calls this awareness our true refuge, because it is available to every one of us, at any moment, no exceptions. In this book, Brach offers a practical guide to finding our inner sanctuary of peace and wisdom in the midst of difficulty. Based on a fresh interpretation of the three classic Buddhist gateways to freedom - truth, love and awareness - *True Refuge* shows us the way not just to heal our suffering, but also to cultivate our capacity for genuine happiness. Through spiritual teachings, guided meditations and inspirational stories of people who discovered loving presence...



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