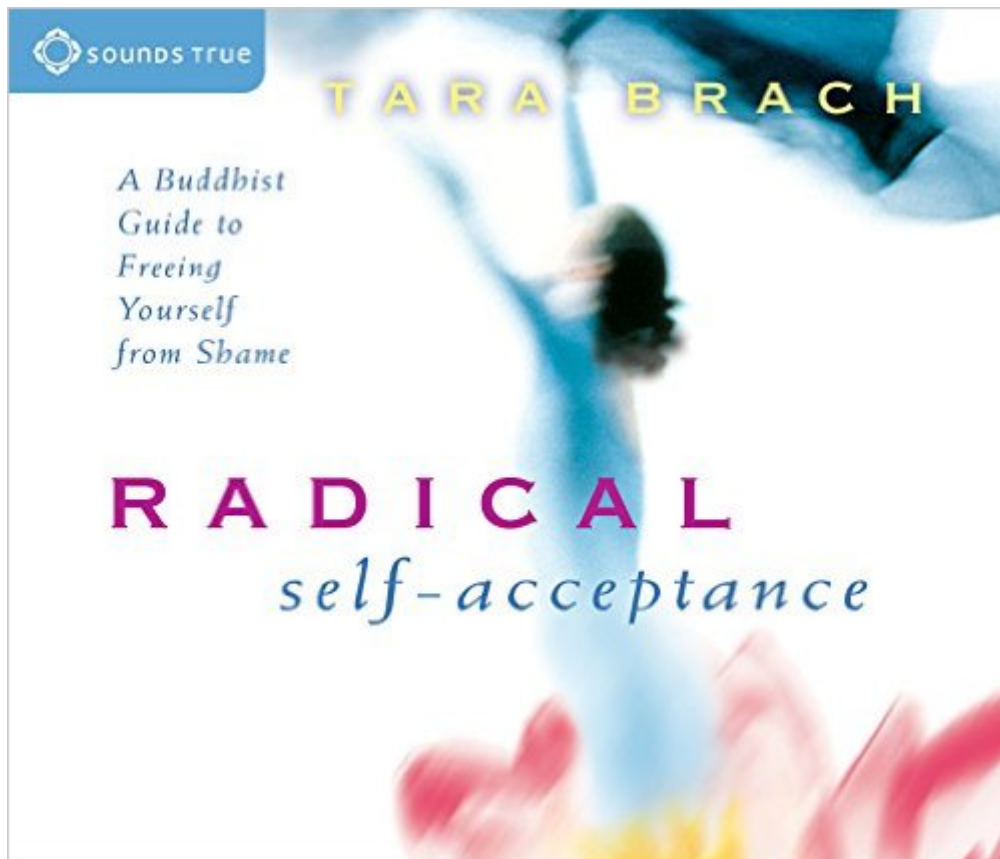


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# Radical Self-Acceptance: A Buddhist Guide To Freeing Yourself From Shame



## Synopsis

In the same tradition as such bestselling authors as Jack Kornfield and Sharon Salzberg, Insight Meditation teacher Tara Brach has cultivated one of the largest and most active Buddhist meditation communities in the eastern United States. With *Radical Self-Acceptance*, this gifted guide brings her enthusiasm and depth of experience to a wide new arena of listeners for the first time.

## Book Information

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## Customer Reviews

I almost hesitate to write this review, it seems weird to write a mostly negative review about anything Dharma related because there's always something good to take from the dharma, especially when I know that this author is well-meaning. But I have to write honestly, even though most other reviews here are glowing. I didn't care for this at all. I'm really glad I downloaded it (from Sounds True) at a low sale price otherwise I would be even more disappointed. There's several reasons why I don't like it, so I'll just go through them: First of all, I had great trouble getting past her narration. Another reviewer said her voice is irritating; it's not so much her actual voice for me but but her speaking style. She seems to be focusing SO much on sounding calm and centered that it doesn't sound genuine, it sounds fabricated, too deliberately subdued. It's hard to describe. I am familiar with her work in the Buddhist community and I by no means want to imply that she as a person or teacher is not genuine, but her narration tone in this is just very "fakey-new-agey" sounding. I feel bad even saying it, and I assume she as a person is very sincere, it was just extremely distracting for me. For me personally at least, there was not a single new thing here. Very, very run of the mill concepts. When encountering difficult emotions, ask yourself what you're feeling at that moment, stop and

observe the moment and why you might be thinking it, etc. Perhaps for some people this will be ground breaking, there's certainly nothing wrong with the suggestions she makes, it's just that I've heard all this stuff a million times. To me the material was extremely basic and common knowledge, at least common in the new age/self help sort of world.

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