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Radical acceptance is about accepting what life offers, as it is. That does not mean, you should be non-reactive to whatever bad comes your way, it's about becoming self-aware in tough situations, pay attention to the negative emotions within and take care of these emotions to become mindful and at peace.

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It is titled 'Radical Acceptance: Embracing Your Life with the Heart of a Buddha, and has helped more than a million people in practicing radical acceptance. Tara guides and helps people to let go of feelings of shame and guilt and accept themselves, with the power of meditation.

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Radical acceptance involves accepting oneself, other people, and life on life's terms, with one's mind, soul, and body - completely. No ifs, ands, or buts. No conditions.

16 Ways To Practice Radical Acceptance - Psych Central.com

Change & Possibility: Discovering Hope in Life's Transitions. September 18, 2005. A Practical Guide to Priestly Wellness. September 18, 2005. 2004. November. Radical Acceptance: Embracing Your Life With the Heart of a Buddha. November 24, 2004. September. Daybreaks: Daily Reflections for Lent and Easter Week. September 18, 2004. May ...

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Radical Acceptance offers a path to freedom, including the day-to-day practical guidance developed over Dr. Brach's 20 years of work with therapy clients and Buddhist students. Writing with great warmth and clarity, Tara Brach brings her teachings alive through personal stories and case histories, fresh interpretations of Buddhist tales, and guided meditations.

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