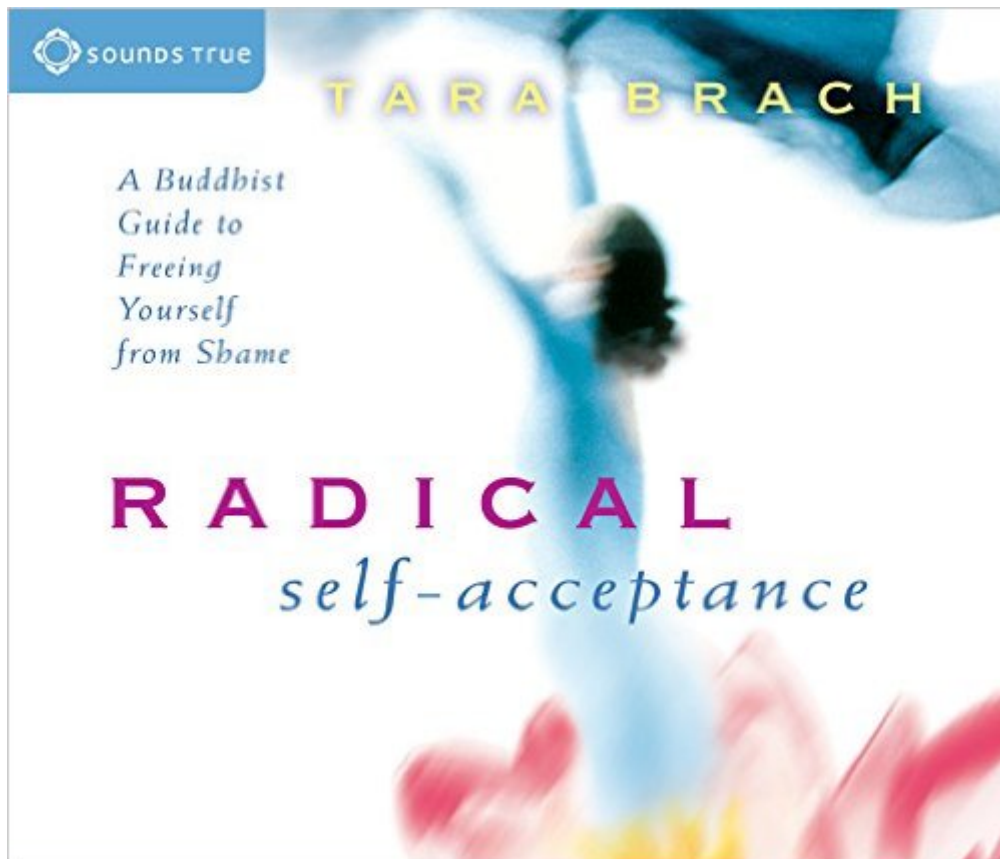


The book was found

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

Audio CD

Publisher: Sounds True, Incorporated; Unabridged edition (March 2005)

Language: English

ISBN-10: 1591793211

ISBN-13: 978-1591793212

Product Dimensions: 5.4 x 0.6 x 5.9 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (51 customer reviews)

Best Sellers Rank: #64,016 in Books (See Top 100 in Books) #28 in Â Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #30 in Â Books > Books on CD > Health, Mind & Body > Meditation #37 in Â Books > Books on CD > Nonfiction

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.

[Download to continue reading...](#)

Radical Self-Acceptance: A Buddhist Guide to Freeing Yourself from Shame Radical
Self-Acceptance Shame and Grace: Healing the Shame We Don't Deserve The Mindful Path to
Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions Radical Acceptance:
Embracing Your Life With the Heart of a Buddha Master Self-Discipline: Simple and Effective Steps
to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress
Management, Self ... (Self Improvement And Motivational Book 1) Beautiful Me: Finding Personal
Strength & Self Acceptance (Essential Health: Strong Beautiful Girls) Unconditional Self Acceptance
The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness Chinese
Buddhist Monasteries: Their Plan and Its Function as a Setting for Buddhist Monastic Life The
21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt &
Low Self-Esteem Iyanla Live!: Self-Value, Self-Worth, Self-Love How Anansi Learned Self-Esteem:
10 Original Stories for Building Self-Confidence and Self-Respect MBA Admission for Smarties: The
No-Nonsense Guide to Acceptance at Top Business Schools Freeing Shakespeare's Voice: The
Actor's Guide to Talking the Text Will Bonsall's Essential Guide to Radical, Self-Reliant Gardening:
Innovative Techniques for Growing Vegetables, Grains, and Perennial Food Crops with Minimal
Fossil Fuel and Animal Inputs Who Is My Self?: A Guide to Buddhist Meditation The Blessing:
Giving the Gift of Unconditional Love and Acceptance Perfect Phrases for Business School
Acceptance (Perfect Phrases Series) On Writing the College Application Essay, 25th Anniversary
Edition: The Key to Acceptance at the College of Your Choice

[Dmca](#)