

True Refuge Finding Peace And Freedom In Your Own Awakened Heart Tara Brach

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True Refuge: Finding Peace and Freedom in Your Own Awakened Heart by Tara Brach Clinical Psychologist and Buddhism expert Tara Brach, PhD, shares her insights about working with pain and suffering, meeting our edge and softening, and the simple but profound technique she uses with clients to bring mindful awareness into their daily lives.

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