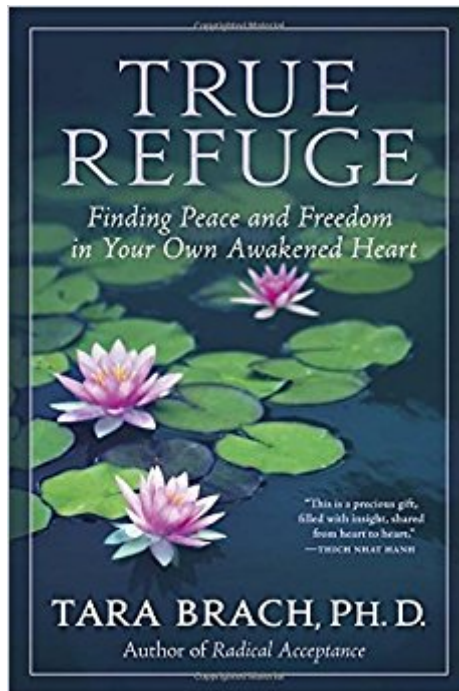


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# True Refuge: Finding Peace And Freedom In Your Own Awakened Heart



## Synopsis

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-judgment, and addictive behaviors. 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 during times of great struggle, Brach invites us to connect more deeply with our own inner life, one another, and the world around us. *True Refuge* is essential reading for anyone encountering hardship or crisis, anyone dedicated to a path of spiritual awakening. The book reminds us of our own innate intelligence and goodness, making possible an enduring trust in ourselves and our lives. We realize that what we seek is within us, and regardless of circumstances, there is always a way to take refuge in a healing and liberating presence.

•Praise for *True Refuge*

•Drawing on the latest findings in neuroscience as well as ten more years of personal experience on the path of awakening, Tara Brach's superb second book brings readers ever more deeply in touch with our true nature. This book is a precious gift, filled with insight, shared from heart to heart.

•"Thich Nhat Hanh

•*True Refuge* is a magnificent work of heart. For anyone interested in developing a deeper understanding of the mind and how to improve the quality of their life, this book offers unique insights and easily learned practices that literally can transform your life's path. Read, explore, and enjoy!

•"Daniel J. Siegel, M.D., author of *No-Drama Discipline*

•This is a special book, lovely, loving, wise, and helpful. It is like having a sage and caring friend sit with you, offering comfort, insight, and guidance for your own true journey home.

•"Jack Kornfield, author of *The Wise Heart*

•A healing and helpful meditation . . . a gracefully written spiritual gem on awareness, refuge, and presence.

•"Spirituality & Practice

•[A] richly detailed, hopeful book . . . This accomplished example of spiritual self-help offers a gentle path for change in the face of suffering.

•"Publishers Weekly

•This book is an undertaking and one that can change your

life if you embrace it. It is heartfelt and practical . . . full of grit, honesty, and clarity.âBeliefnet

From the Hardcover edition.

## Book Information

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## Customer Reviews

Several months ago I came across Brach's first book, Radical Acceptance while at a friend's house. The book addressed many issues that I had been struggling with, such as low self-esteem and guilt and shame. My friend let me borrow her copy. The book spoke directly to my relationship with myself. As I read it and followed the teachings it helped me heal some of my own inner conflicts. After reading it, I bought my own copy. I've also gotten and shared her guided meditation CDs. When I learned of Brach's new book, True Refuge, I immediately got a copy. I'm impressed with how she effectively segues from her first book to this one. In True Refuge she describes a place, a peaceful sanctuary, a place of true refuge that exists within all of us--which we find once we navigate through own turbulent emotions, self-defeating thoughts, and toxic behavioral patterns. This "place" is within and accessible to everyone. This place is the True refuge. Brach effectively details the way to the safety, serenity, and refuge that can be accessed by practicing the mindfulness techniques that she describes in the book. Brach also provides the reader examples of how readily accessible one's own personal refuge is. Brach, is a wonderful writer, takes the reader by the hand and walks them through the different techniques she describes in her text until the reader is in the quiet, observant refuge that resides within all of us. The True Refuge that is within. I liked True Refuge so much, I finished it in just a few days.

I first happened upon Tara Brach's work several years ago, browsing my local bookstore and looking for a CD of guided meditations. I happened upon one by Tara, liked what I read on the cover, bought it, and soon played it. What I heard blew me away - here was an incredibly wise and compassionate Buddhist teacher, who had constructed several different types of guided meditations, geared to particular life situations, all delivered in her incredibly lovely and calming voice. Intrigued, I sought more, and found many audio teaching talks on her web site, [...]. I listened to several and marveled, "How can she do this? She is turning out a 15-20 minute guided meditation and a 45-60 minute teaching talk about 40 weeks of the year, every year! And her stories in these talks? Sometimes they are quite humorous, some reflect everyday occurrences, and some have an incredible plot twist at the end - yet all perfectly illustrate her points." I became a Tara fan! In her new book, "True Refuge: Finding Peace and Freedom in Your Own Awakened Heart," Tara shares her own search for a "place of peace, connectedness, and inner freedom, even in the face of life's greatest challenges," and how she then shared her work with therapy clients and meditation students to help them find their own "True Refuge" inside themselves. Filled with Tara's wonderful wisdom, teachings, and stories - and supplemented by guided meditations for each chapter - this book SOUNDS like Tara! In fact, when reading an excerpt at [...], I "heard" Tara's voice coming through loud and clear - as if she were speaking to me, rather than me reading her printed words. (You can also view a video on the same web page.

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