



Meditations for Emotional Healing: Finding Freedom in the Face of Difficulty

By Tara Brach

Sounds True, Incorporated. No binding. Condition: New. 2 pages. Dimensions: 5.7in. x 5.2in. x 0.6in. Despite our best intentions, we often have trouble dealing effectively with strong emotions. What if you had a conscious, skillful way to respond in times of anger, fear, jealousy, shame, and other powerful emotions? *Meditations for Emotional Healing* gives us a collection of insights and practices for bringing compassion, clarity, and understanding to our emotional lives--instead of expressing or repressing them in unhealthy ways. Leading meditation teacher and clinical psychologist Tara Brach guides us through a transformative series of exercises to cultivate greater self-acceptance and emotional liberation. Meditations include: How to work with trauma, fear, and shame - Forgiveness meditation - Compassion meditation - Invoking loving presence in the face of difficulty - The power of yes As Tara puts it, - When we touch what is painful with awareness, the armor around our heart melts and we become more tender and kind. *Meditations for Emotional Healing* is an invitation to return to our natural state at peace with what is, energetically whole, and spiritually free. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Audio CD.



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