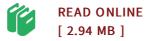




Meditations for Emotional Healing: Finding Freedom in the Face of Difficulty

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 armoring 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.



Reviews

This book may be really worth a read through, and a lot better than other. It is really basic but excitement inside the 50 % in the pdf. I realized this pdf from my dad and i encouraged this publication to learn.

-- Curtis Bartell

The book is straightforward in study better to comprehend. It is really simplistic but unexpected situations in the fifty percent of the ebook. Its been written in an exceptionally simple way which is simply after i finished reading through this ebook in which basically altered me, affect the way i really believe.

-- Letha Corwin

Other Books



My Inventions: The Autobiography of Nikola Tesla

NuVision Publications, LLC. Paperback. Condition: New. 64 pages. Dimensions: 8.7in. x 5.8in. x 0.4in.The progressive development of man is virtually dependent on invention. It is the most important product of his creative brain. Nikola Tesla, uncelebrated oracle of the electronic age without...



Designing a Barophile Enrichment Apparatus to Culture Deep Sea Microbes

GRIN Verlag. Paperback. Condition: New. 32 pages. Dimensions: 8.5in. x 5.5in. x 0.1in. Scholarly Research Paper from the year 2011 in the subject Biology - Micro- and Molecular Biology, grade: A, Indian Institute of Science (Indian Institute of Science), course: Research Project -...



The Grid: Exploring the Hidden Infrastructure of Reality

Hierophant Publishing. Paperback. Condition: New. 216 pages. Dimensions: 8.1in. x 5.5in. x 0.7in.Read this book and you will never view reality the same way again!Mainstream science argues that if something cant be touched, measured, quantified, and duplicated in a laboratory, then it...



Developing Sustainable Supply Chains to Drive Value, Volume II: Management Issues, Insights, Concepts, and Tools-Implementation

Business Expert Press. Paperback. Condition: New. 194 pages. Dimensions: 9.0in. x 6.0in. x 0.4in.Sustainability is changing and changing rapidly. It is becoming more widespread as companies and customers uncover its power and attractiveness and sustainability also receiving more attention in the press....



Suborbital Industry at the Edge of Space Springer Praxis Books Space Exploration

Springer. Paperback. Condition: New. 184 pages. Dimensions: 9.5in. x 6.6in. x 0.9in.The nascent commercial suborbital spaceflight industry will soon open the space frontier to commercial astronauts, payload specialists, scientists and of course, tourists. This book describes the tantalizing science opportunities to be...



The Greats On Leadership: Classic Wisdom for Modern Managers

Nicholas Brealey Publishing. Hardcover. Condition: New. 288 pages. THE GREATS ON LEADERSHIP: 20 CLASSIC THINKERS TEACH US TO LEADTHE TWENTY TOPICS and GREAT THINKERS: Leaders vs. Misleaders (Moses)Leadership Traps (Shakespeare)Change (Machiavelli)Justice (Plato)Power (Sophocles)Authority (Shakespeare)Crises (Shakespeare)Competition (Hannibal)Dilemmas (Madison, Hamilton)Communication (Pericles, Lincoln)Motivation (Viktor Frankl)Personality...