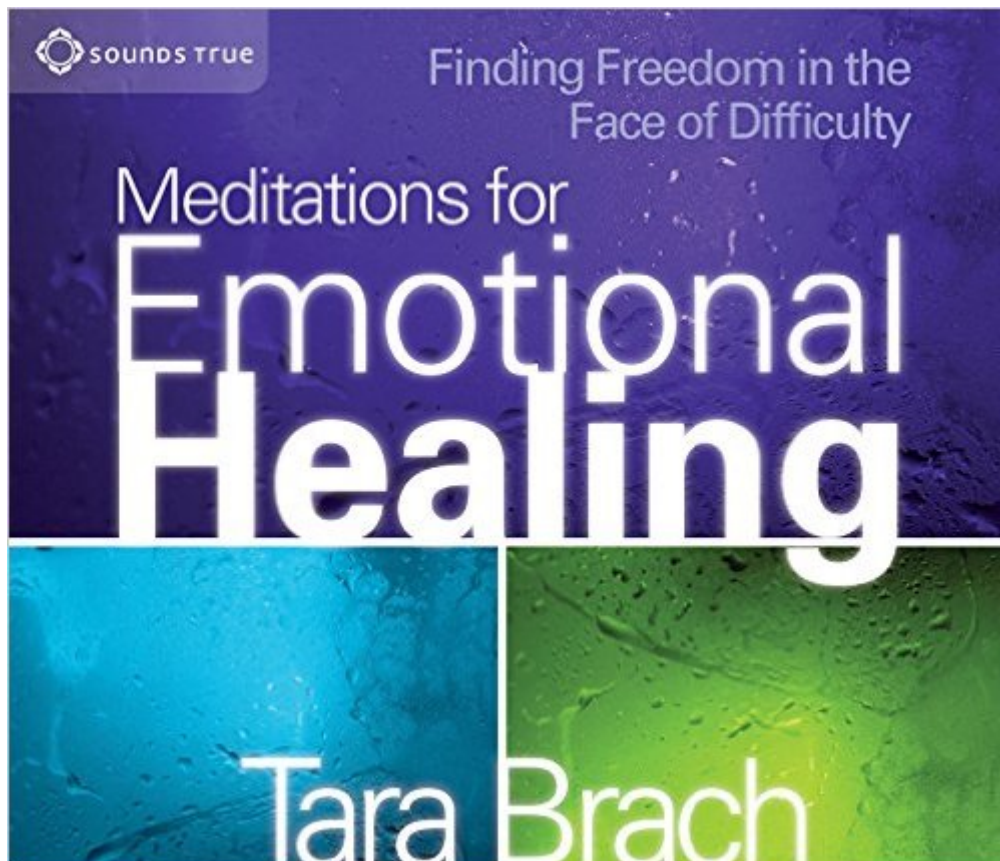


The book was found

# Meditations For Emotional Healing: Finding Freedom In The Face Of Difficulty



## Synopsis

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.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (18 customer reviews)

Best Sellers Rank: #417,668 in Books (See Top 100 in Books) #139 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #145 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #500 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

I have been a fan of Tara Brach since I first listened to Tara Brach's Radical Acceptance series. This group of meditations really get to the core of finding peace in the face of emotional pain. We learn, through relevant stories and insights told before each meditation, how to begin the process of accepting our difficult emotions rather than fighting them. And, believe me, the relief when we stop fighting is immense. If I could, I would give this product ten stars. This is not all new agey, with waves and streams playing in the background. This is the real deal for people who want to start to like themselves better and find some peace in challenging times. (And when is it NOT a challenging

time?)

This CD was very helpful to me. Anyone working on themselves and trying to deal with past pain and sadness will find a great deal of help being open and listening to this. I have found all of Tara Brach's works are excellent. PPA from W Yarmouth, MA

Well done. I love Tara's book *Embracing Your Life With The Heart of Buddha* (or something close to that title?) and that is why I was motivated to purchase this (that and the fact that Belleruth Naparstek gave it a good review and I trust her judgment completely). This was definitely worth the price.

I've listened to this CD several times while driving. Since it's not fiction (with a plot that would get interrupted too often in city driving), it works fine for me to even just hear short sections at a time. Tara Brach's voice is soothing and comforting to me, and the content is excellent for anyone to hear.

I bought this after reading Tara Brach's book, "Radical Acceptance". Both are excellent. This is an excellent way to practice some of her techniques. I still use it. May take more than one lifetime to absorb it all!

The meditation that asks you to say yes to your grief instead of trying to push it away is amazing in its healing benefits.

I have listened to this cd a dozen times, I keep coming back to it. Tara Brach also came out with *Radical Acceptance*, another excellent cd and book that I loved so when she came out with another I knew I wanted to have it in my collection. Tara has a soothing voice as she leads the listener through lessons on seeing pain and suffering clearly with Buddhist teachings and examples from students of hers. Each section covers another topic and each builds on the prior topic. Even listening in your car you will gain insight and understanding in your life. I highly recommend.

Bought this many moons ago... and let it sit. Didn't have time for the "emotional homework" I feared it would require. And then... chaos around me, in terms of family crises, impending loss of loved ones. Needed as much help as I could get. I have been playing this audio program over and over

again, and it has truly helped me keep my calm and composure in time of great difficulty. Ms. Brach voice is soothing and not oversweet, her directions clear, her speech unhurried. I always feel better and more able to handle the (still ongoing) chaos after I've given this a listen.

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