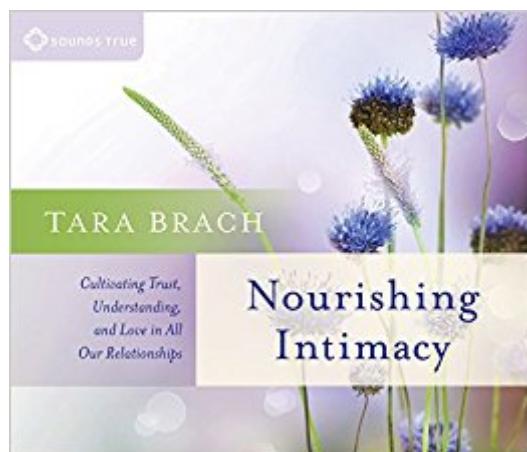


The book was found

Nourishing Intimacy: Cultivating Trust, Understanding, And Love In All Our Relationships



Synopsis

A Mindful Approach to the Unique Challenges of Intimate Relationships Â Why is it often so hard to truly connect with others, even those we care most about? â œOur capacity to engage fully in relationship starts with becoming more awake and aware within ourselves,â • says Tara Brach. With Nourishing Intimacy, this renowned teacher offers a treasury of tools and insights for cultivating self-compassion, overcoming inner obstacles, and fostering authentic communication. Recorded at a live two-day event, this training brings you Taraâ ™s special blend of storytelling, tender guidance, and potent meditations for applying mindfulness and loving-kindness to our relationships, including: Â â ¢ Dissolving the illusion of separation that keeps us isolated â ¢ Awakening from the belief that we are unworthy of love â ¢ How to address the true needs underneath our surface conflicts â ¢ Practicing forgiveness, healing from past relationship trauma, breaking stuck patterns in conflict, and much more. Â â œWhen we are grounded in compassionate awareness,â • teaches Tara, â œwe can stay heart to heart with another, even when we donâ ™t see eye to eye.â • Here she offers a gentle and practical guide for building healthy, openhearted relationships with Nourishing Intimacy.

Book Information

Audio CD

Publisher: Sounds True; Unabridged edition (April 1, 2017)

Language: English

ISBN-10: 1622038770

ISBN-13: 978-1622038770

Product Dimensions: 5.6 x 0.9 x 5 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

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Customer Reviews

Tara BrachTara Brach has been practicing and teaching meditation since 1975, as well as leading Buddhist meditation retreats at centers throughout North America. She is a clinical psychologist, the founder of the Insight Meditation Community of Washington (IMCW), and the author of Radical

Acceptance (2003) and True Refuge (2013). Visit Tara Brach's website.

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