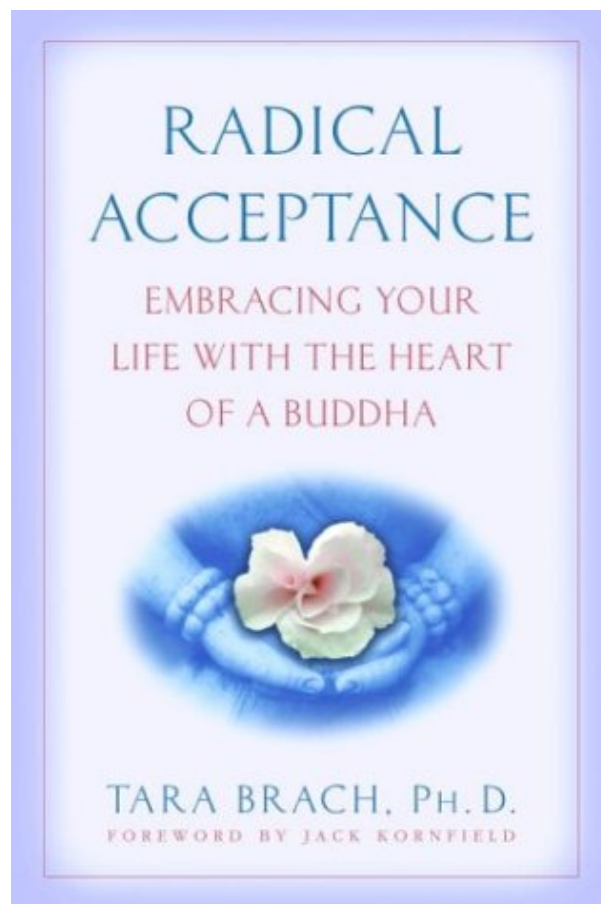


# **RADICAL ACCEPTANCE: EMBRACING YOUR LIFE WITH THE HEART OF A BUDDHA BY TARA BRACH**



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EMBRACING YOUR  
LIFE WITH THE HEART  
OF A BUDDHA



TARA BRACH, PH. D.  
FOREWORD BY JACK KORNFIELD

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From the Hardcover edition.

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From the Hardcover edition.

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## Features

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582 of 596 people found the following review helpful.

A truly amazing book that will change your life

By Thomas Hochmann

I've read a number of books on Buddhism, and many of them include a fair amount of discussion on "suffering" and how much of our pain is perpetuated by our telling stories to ourselves. The mind (and heart) is seemingly forever tangled in a web of doubt, what-ifs, and events that exist mostly or entirely in one's head. As Mark Twain put it, "My life has been full of terrible misfortunes, most of which never happened."

That, in essence, is what /Radical Acceptance/ is about, but it goes above and beyond the seemingly brief gloss-over treatment traditional western Buddhist books give this subject. Tara Brach has crafted an amazing book that opens your eyes to just how much suffering we tend to bring upon ourselves. Despite the very serious nature of what this book deals with, it is a delight to read. With each turn of the page, you begin to see more and more clearly. It's like having a compassionate, age-old friend guide you down the road of your own emotions and thoughts.

If you take the time to truly digest what /Radical Acceptance/ is all about, I can guarantee it will change you forever. My brief description here cannot do it justice by any measure - just as the storytelling and strategizing of the mind cannot do justice to the vibrant reality of the world. You might think a book about suffering and self-delusion would be depressing, but it is entirely the opposite. It's like suddenly being able to see with clarity after being caught up in a dense fog for so long. And that, I believe, is the highest praise you can give any book.

75 of 75 people found the following review helpful.

Perfect

By A Customer

This book is a treasure. It contains exactly what we all need to hear, reminding us of all the things we are NOT but think we are, as we go through life in a "trance of unworthiness". It is a perfect synthesis of Buddhist teachings and stories and anecdotes about how these teachings actually APPLY to our everyday lives. I've read a lot of books about Buddhism and Zen, but this was one of the first that really made me stop and say (repeatedly)..... "OH.... THAT is what he (the Buddha) meant... and how it relates to ME!" As I mentioned, it is filled with stories and anecdotes from Tara's life, the lives of her students and various others (not to mention the Buddha). This sometimes gives it the flavor of a "Chicken Soup For the Buddhist Soul" book. But I mean that as a compliment! The stories she relates are so profound that in the few days since I've started reading it, I find myself wanting to send excerpts from this book via email to lots of my friends, as well as reading to them from the book over the phone. I don't remember ever doing that with a book before. This book is, in a way, "simplistic"..... you could find many many books that delve more deeply into Buddhist philosophy. But it's the simplicity that makes it so powerful. It's a wonderful "reminder"..... helping us come out of the trance of our minds, beliefs, emotions, etc. and back to the here and now.... to REAL LIFE. It covers much the same territory as the book The Power Of Now, just from a slightly different perspective, and would be a wonderful adjunct to that book. It somehow "shakes" you out of your world-view, belief systems, and everything you thought was "true" about your life, but does it GENTLY. It shows clearly that the Truth is the Truth and it doesn't matter if it comes from a Buddhist background, a Christian background, a certain teacher, tradition or book... it's all the same. It's all right here, right now.... it never went anywhere..... WE did. This is a wonderful book that will be a blessing to many.

167 of 175 people found the following review helpful.

A book with heart

By Hugh Byrne

'A book with heart.'

In the 25 centuries since the Buddha's enlightenment under the tree in northern India, his teachings have taken on unique expressions as they spread from India and throughout Asia. The core of the teachings kept their integrity and directness, but the forms and expressions they took both helped shape and were shaped by

the cultures and pre-existing traditions in these countries.

As the Buddha's teachings have spread to the West-particularly in the last two generations-a similarly fascinating encounter is at work. Westerners have the opportunity to read, explore, and practice in a variety of Buddhist traditions-Tibetan, Zen, Insight meditation and others. At the same time, Buddhism in the West is being shaped by our own social, political, cultural, and scientific history of recent centuries-so already Buddhism here looks less monastic, more gender equal, more focused on the inner search for truth than on external rites and rituals, and more agnostic on questions that are not so easily testable by our own direct experience, e.g., reincarnation.

The spiritual marketplace is rich with the extraordinary contributions of Westerners who have spent extensive time in Asia studying with teachers there and coming back to share their wisdom-Jack Kornfield, Joseph Goldstein, Sharon Salzberg, Christopher Titmuss, to name just some of those teaching in the Insight meditation tradition. They have all succeeded in taking these perennial wisdom teachings and expressing them in a language that is accessible to Westerners from many walks of life and spiritual backgrounds.

Tara Brach's `Radical Acceptance: Embracing your Life with the Heart of a Buddha' is a wonderful continuation of this still-new encounter. As a Buddhist meditation teacher and a psychotherapist, Brach is well placed to bring the wisdom and compassion of Buddhist teachings together with the insights and understandings of psychotherapy. But this is not a slam-dunk. Ancient wisdom teachings mixed with Western therapeutic approaches can come out as New Age pablum. Brach succeeds by staying true to the Buddha's statement: "I teach one thing and one thing alone: suffering and its end." She finds much of our suffering in the West in our own lack of worth or worthiness and sees that happiness, contentment, and awakening must come through a full and loving acceptance of who we are-rather than trying to escape from, avoid, or transcend our fears, desire, and longings.

`Radical Acceptance' is a book full of heart, full of the desire for all of us, all beings, to realize our true potential, our true nature, our Buddha nature. It is replete with stories from Brach's own experience that do not put her on a pedestal-`the teacher: be like her'-but say clearly that these fears, this lust, this anger, greed, the pleasant and unpleasant emotions and states of mind... are in our natures as humans, and happiness and ultimate freedom come through accepting and embracing them and seeing that they are not `me' or `mine.'

`Radical Acceptance' is a deeply kind and generous contribution to a suffering world. Truly a book with heart.

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