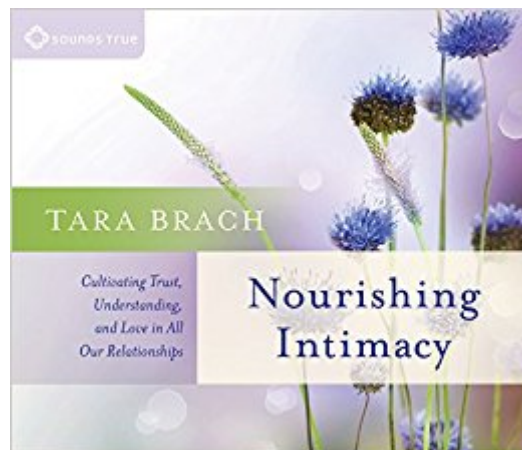




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Nourishing Intimacy: Cultivating Trust, Understanding, And Love In All Our Relationships



Synopsis

A Mindful Approach to the Unique Challenges of Intimate Relationships • Why is it often so hard to truly connect with others, even those we care most about? • Our capacity to engage fully in relationship starts with becoming more awake and aware within ourselves, • 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 Tara's special blend of storytelling, tender guidance, and potent meditations for applying mindfulness and loving-kindness to our relationships, including: • Dissolving the illusion of separation that keeps us isolated • Awakening from the belief that we are unworthy of love • How to address the true needs underneath our surface conflicts • Practicing forgiveness, healing from past relationship trauma, breaking stuck patterns in conflict, and much more. • When we are grounded in compassionate awareness, • teaches Tara, • we can stay heart to heart with another, even when we don't see eye to eye. • Here she offers a gentle and practical guide for building healthy, openhearted relationships with *Nourishing Intimacy*.

Book Information

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Customer Reviews

Tara Brach Tara 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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