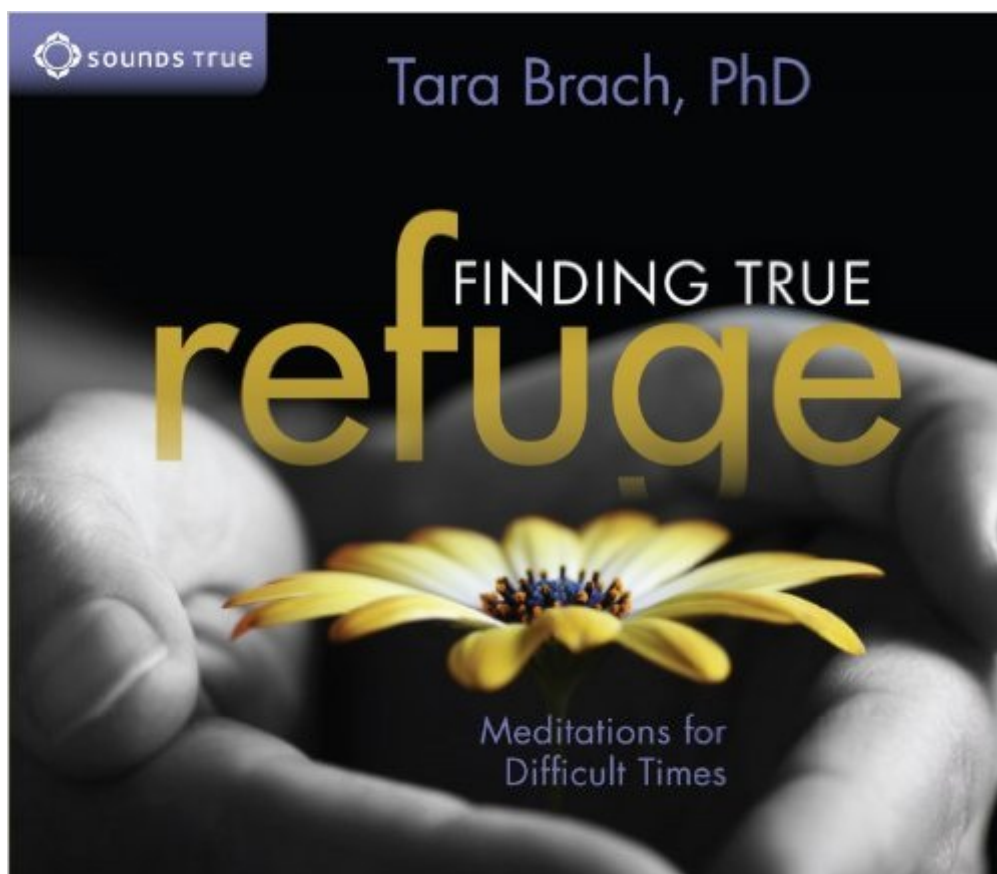


The book was found

# Finding True Refuge: Meditations For Difficult Times



## Synopsis

If we feel overwhelmed by the difficulties of life, is there someplace we can turn for the safety and peace that we need? "In any moment, no matter how lost we feel, we can take refuge in presence and love," teaches Tara Brach. On Finding True Refuge, this renowned psychologist and meditation teacher offers insights, practices, and eight guided meditations for finding our way home to the inner sanctuary that is always available to us. Â Brach gently guides us away from seeking comfort in false refuges such as material wealth or a sense of control, and instead shows us how to find shelter through the gateways of truth, love, and awareness. "If we can learn to open to the aliveness within us," Brach says, "we discover that we can love this life no matter what."

## Book Information

Audio CD: 3 pages

Publisher: Sounds True; 1 edition (February 1, 2013)

Language: English

ISBN-10: 1604078634

ISBN-13: 978-1604078633

Product Dimensions: 5 x 1 x 5.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (11 customer reviews)

Best Sellers Rank: #108,264 in Books (See Top 100 in Books) #49 inÂ Books > Books on CD >

Health, Mind & Body > Meditation #49 inÂ Books > Books on CD > Health, Mind & Body >

Relaxation & Meditation #146 inÂ Books > Books on CD > Religion & Spirituality > General

## Customer Reviews

If your life is upside down and you are really floundering even if it is only a temporary situation this CD is immediately calming for the moment but also offers useful technics to use throughout the day and opens up new ways to look at your issues. I use sections of this CD daily along with her Mindful MeditationCD. They are practical and not "WOO WOO" like so many of the spiritual things are.

Tara Brach will change your life. I have all of her audio recordings and subscribe to her podcasts on iTunes. Her voice is soothing and steady, full of eye opening knowledge to heal your heart.

I love it - like all work by Tara. Just wish I could truly remember it when I need it most.

Tara's style is gentle and soothing as well as healing. Like her personal input. Recommended this CD to several people who are interested in Meditation and healing. Really appreciate her all inclusive approach to inner peace.

Profound, practical and wonderful!!! It is a practical and compassion way to deal with difficult time with love and awareness of your real you.

Excellent I recommend it to anyone who needs to lower anxiety levels.

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