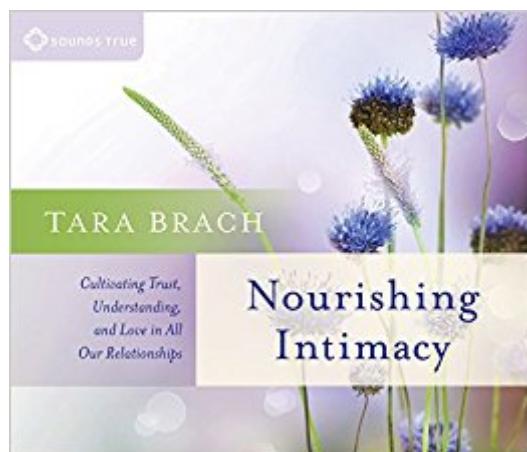


The book was found

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



Synopsis

A Mindful Approach to the Unique Challenges of Intimate Relationships

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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