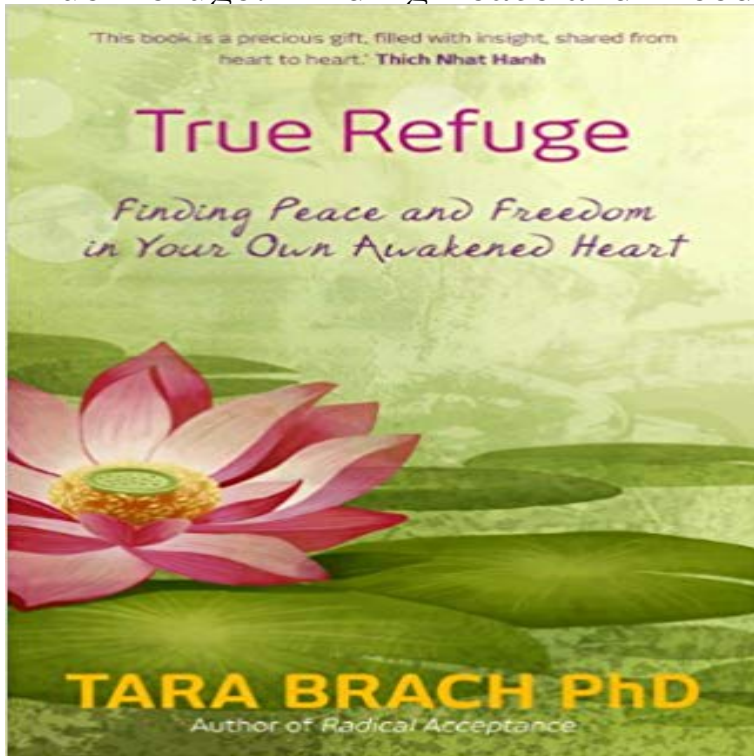


# True Refuge: Finding Peace and Freedom in Your Own Awakened Heart



How do you cope when facing life-threatening illness, family conflict, faltering relationships, old trauma, obsessive thinking, overwhelming emotion or inevitable loss? If you're like most people, chances are you react with fear and confusion, falling back on timeworn strategies: anger, self-judgement and addictive behaviours. Though these old, conditioned attempts to control our life may offer fleeting relief, ultimately they leave us feeling isolated and mired in pain. There is another way. Beneath the turbulence of our thoughts and emotions exists a profound stillness, a silent awareness capable of limitless love. Tara Brach, author of the award-winning *Radical Acceptance*, calls this awareness our true refuge, because it is available to every one of us, at any moment, no exceptions. In this book, Brach offers a practical guide to finding our inner sanctuary of peace and wisdom in the midst of difficulty. Based on a fresh interpretation of the three classic Buddhist gateways to freedom—truth, love and awareness—*True Refuge* shows us the way not just to heal our suffering, but also to cultivate our capacity for genuine happiness. Through spiritual teachings, guided meditations and inspirational stories of people who discovered loving presence during times of great struggle, Brach invites us to connect more deeply with our own inner life, one another and the world around us. *True Refuge* is essential reading for anyone encountering hardship or crisis, anyone dedicated to a path of spiritual awakening. The book reminds us of our own innate intelligence and goodness, making possible an enduring trust in ourselves and our lives. We realize that what we seek is within us, and regardless of circumstances, there is always a way to take refuge in a healing and liberating presence.

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