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psychologist and author of Radical Acceptance- Embracing Your Life with the Heart of a Buddha, she has taught extensively on the application of Buddhist teachings to emotional healing. The Insight Meditation Community of Washington (IMCW) is dedicated to offering the teachings

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## **Radical Acceptance | Download eBook PDF/EPUB**

Radical Acceptance: Embracing Y She has practiced and taught meditation for over 35 years, with an emphasis on vipassana (mindfulness or insight) meditation. Tara is the senior teacher and founder of the Insight Meditation Community of Washington.

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