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Tara Brach is a leading western teacher of Buddhist meditation, emotional healing and spiritual awakening. She has practiced and taught meditation for ov [Store: Books, Media and Online Courses - Tara Brach Store: Media and online courses by Tara Brach, Ph.D, psychologist, author, & meditation teacher are available for sale and download.](#)

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Tara Brach, Ph.D., is a clinical psychologist, an internationally known teacher of mindfulness meditation, and the founder of the Insight Meditation Community of Washington.

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About Tara Brach. Tara Brach, Ph.D., is the author of Radical Acceptance, winner of a Books for a Better Life Award. She is the founder of the Insight Meditation Community in Washington, D.C., and has conducted workshops across the country.

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