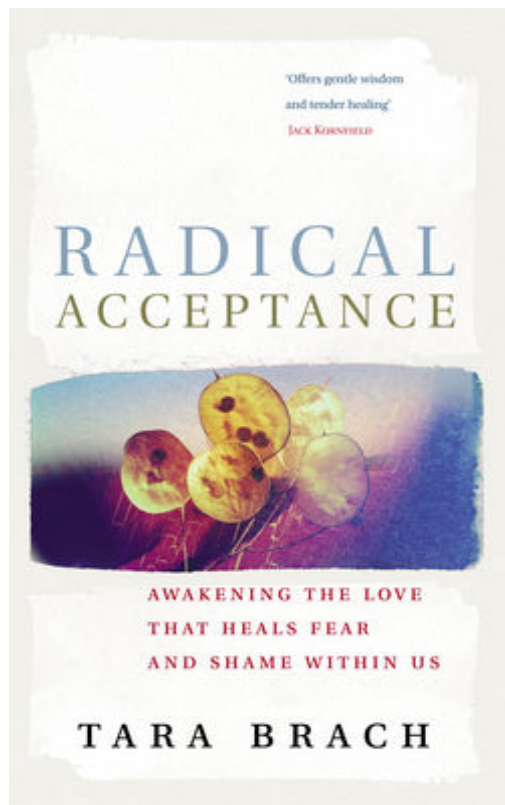


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'Radical Acceptance offers us an invitation to embrace ourselves with all our pain, fear and anxieties, and to step lightly yet firmly on the path of understanding and compassion. Please enjoy this nourishing and healing book.' *Thich Nhat Hanh*

In the West, most of us have suffered the fear of not being 'good enough', feeling insecure about our appearance, our sexuality, our intelligence, our spiritual progress or - often most importantly - being worthy of love. When these feelings of insufficiency or self-aversion are strong, we fear abandonment and rejection. Many people have already found the Buddhist perspective on our emotional life to be extremely valuable - and this book will be a major practical contribution to the subject.

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