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**\\"Something is wrong
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Changes**

EVERYTHING

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Radical Acceptance
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does not mean self-

indulgence or passivity.

Instead it empowers

genuine change: healing

fear and shame and

helping to build loving,

authentic relationships.

When we stop being at

war with ourselves, we

are free to live fully

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every precious moment
of our lives.

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Radical Acceptance:
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with the Heart of ...

Buddha

Radical acceptance is
about accepting what
life offers, as it is. That
does not mean, you
should be non-reactive
to whatever bad comes
your way, it's about
becoming self-aware in

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tough situations, pay attention to the negative emotions within and take care of these emotions to become mindful and at peace.

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The moment we believe

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world shrinks and we

lose ourselves in the

effort to combat the

pain.”. ? Tara Brach,

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us is a deep and

tenacious suffering, says

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automatic reactions to
stress Access the

resources of

mindfulness and

compassion Make more

conscious choices in

pressured situations

Grow stronger and wiser

right in the very midst

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larger, more empowered
and joyful way of being
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trance of unworthiness

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