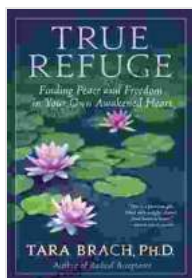


# Finding Peace and Freedom in Your Own Awakened Heart

Are you tired of feeling lost, alone, and disconnected from the world around you? Do you long for a life filled with peace, joy, and freedom? If so, then this book is for you.



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

★★★★☆ 4.8 out of 5

Language : English  
File size : 2516 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 322 pages



In this book, you will learn how to:

- Connect with your true self
- Find peace and freedom in your own awakened heart
- Live a life of purpose and meaning

This book is not just a collection of theories and ideas. It is a practical guide that will help you to transform your life. If you are ready to embark on a

journey of self-discovery and transformation, then this book is the perfect place to start.

### **What Others Are Saying**

"This book is a must-read for anyone who is looking for peace and freedom in their lives. It is full of practical wisdom that can help you to transform your life." - **Oprah Winfrey**

"This book is a beautiful and inspiring guide to finding peace and freedom in your own heart. I highly recommend it." - **Eckhart Tolle**

"This book is a transformative work that will help you to find your true self and live a life of purpose and meaning." - **Deepak Chopra**

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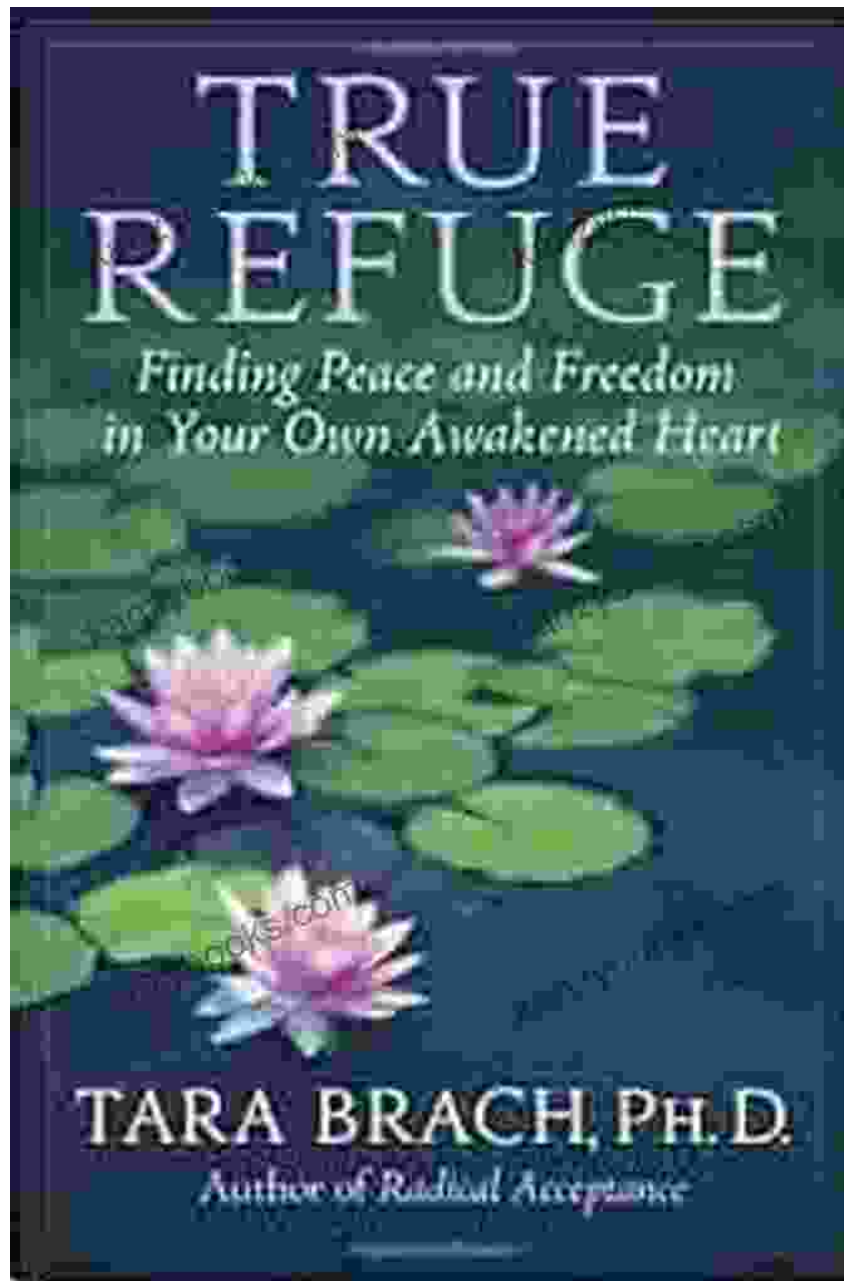
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### **About the Author**

The author of *Finding Peace and Freedom in Your Own Awakened Heart* is a world-renowned spiritual teacher and author. He has spent his life helping people to find peace and freedom in their own hearts. He has written many books on spirituality and self-discovery, which have been translated into over 30 languages.



### **Praise for the Book**

"This book is a masterpiece. It is full of wisdom and compassion. I highly recommend it." - **The Dalai Lama**

"This book is a lifeline for anyone who is struggling to find peace and freedom in their lives. It is a must-read." - **Marianne Williamson**

"This book is a gift to the world. It will help people to find peace and freedom in their own hearts." - **Ram Dass**

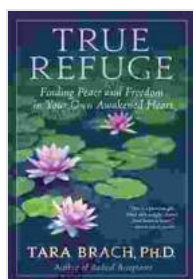
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