



I'm not robot



I am not robot!

Tara Brach, bestselling author of *Radical Openness* Based on a fresh interpretation of the three classic Buddhist gateways to freedom—truth, love, and awareness—*True Refuge* shows us the way not just to heal our suffering, but also to cultivate our capacity for genuine happiness. In this book, Brach offers a practical guide to finding our inner sanctuary of peace and wisdom in the midst of difficulty. Based on a fresh interpretation of the three classic Buddhist gateways to freedom—truth, love, and awareness—*True Refuge* shows us the way not just to heal our suffering, but also to cultivate our capacity for genuine happiness. *True Refuge* is organized around three fundamental gateways to refuge that are found in every stream of Buddhism as well as within many other traditions: truth (of the present moment), love, and awareness. Tara Brach, bestselling author of *Radical Openness*, calls this awareness our true refuge, because it is available to every one of us, at any moment.