

When You're Falling, Dive: Acceptance, Freedom and Possibility

By Cheri Huber

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This book combines the psychological concept of acceptance with ancient Buddhist teachings about the chain of interdependent origination, which provides immediately usable tools for looking at how suffering happens and how to let that go. Stressing the theme of accepting what life brings, it reveals what acceptance is and what stands in the way of being able to accept life's ups and downs. Four steps for combating resistance are also provided.

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