



# Coming Home to Who You Are: Discovering Your Natural Capacity for Love, Integrity, and Compassion

*David Richo*

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# Coming Home to Who You Are: Discovering Your Natural Capacity for Love, Integrity, and Compassion

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## **Coming Home to Who You Are: Discovering Your Natural Capacity for Love, Integrity, and Compassion** David Richo

We already possess everything we need to have satisfying relationships and a happy, fulfilling life; all we need to do is learn how to bring forth our natural wisdom—which includes our innate kindness, understanding, and courage. Psychotherapist David Richo draws on four decades of his counseling experience to create this manual on how to nurture the best in ourselves and our relationships. He teaches how to access our natural abilities to:

- Care for ourselves as the basis of caring for others
- Find freedom from fear
- Maintain healthy boundaries in relationships
- Develop greater honesty with ourselves and others
- Let go of regret

The book also includes practical exercises—including journaling, contemplation, and guided meditations—to foster inward growth and lasting positive change.

This book is a completely revised and updated edition of *Everyday Commitments*.

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#### **Kathie Richmond:**

Spent a free time to be fun activity to try and do! A lot of people spent their down time with their family, or all their friends. Usually they performing activity like watching television, likely to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could be reading a book may be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the e-book untitled Coming Home to Who You Are: Discovering Your Natural Capacity for Love, Integrity, and Compassion can be good book to read. May be it is usually best activity to you.

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As a college student exactly feel bored to help reading. If their teacher inquired them to go to the library or make summary for some e-book, they are complained. Just minor students that has reading's heart and soul or real their passion. They just do what the professor want, like asked to the library. They go to right now there but nothing reading really. Any students feel that reading through is not important, boring and can't see colorful photographs on there. Yeah, it is for being complicated. Book is very important for you. As we know that on this era, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore , this Coming Home to Who You Are: Discovering Your Natural Capacity for Love, Integrity, and Compassion can make you feel more interested to read.

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