



# The Deepest Acceptance: Radical Awakening in Ordinary Life

By Jeff Foster

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**The Deepest Acceptance: Radical Awakening in Ordinary Life** By Jeff Foster

How can we bring an effortless yes to this moment? How do we stop running from “the mess of life”—our predicaments, our frustrations, even our search for liberation—and start flowing with all of it?

In small venues throughout the UK and Europe, a young teacher named Jeff Foster is quietly awakening a new generation of spiritual inquirers to the experience of abiding presence and peace in our ever-shifting world. His informal gatherings, blogs, and kitchen-table video posts have created a rising tide of interest in his teachings.

With *The Deepest Acceptance*, Jeff Foster invites us to discover the ocean of who we are: an awareness that has already allowed every wave of emotion and experience to arrive.

While Jeff delightfully admits the irony of writing a book to convey something that is beyond words to teach, here he confirms his ability to guide us in unexpected new ways to a space of absolute acceptance and joy, no matter what’s happening in our lives.

Candid, thoughtful, humorous—and deeply compassionate toward those searching for a way out of suffering—this refreshing new luminary inspires us to stop trying to “do” acceptance ... and start falling in love with “what has already been allowed.”

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### Editorial Review

#### Review

"Wise, spacious, and loving. Teachings that can free the heart."

—Jack Kornfield, author of *A Lamp in the Darkness* and *A Path With Heart*

"There is a transmission in this book: an alive, compassionate presence that invites awakening right here, this very moment, no matter what is going on in our lives."

—Tara Brach, PhD, author of *Radical Acceptance* and *True Refuge*

"A beautifully written guide to the fearlessness and simplicity of living fully immersed in each moment of our lives. *The Deepest Acceptance* rings with the power and authenticity of Jeff Foster's deeply felt, deeply lived wisdom. His affirmation of life and compassion for the full range of human experience is a much needed contribution."

—Judith Blackstone, PhD, author of *Belonging Here* and *The Intimate Life*

"Jeff Foster is an honest seeker who has unraveled the many trappings of seeking through his faithfulness to the humble ground of being here, now, and his book is a gentle and helpful companion on the journey."

—Mark Nepo, author of *Staying Awake* and *Seven Thousand Ways to Listen*

"*The Deepest Acceptance* is the story of a merciful awareness, which offers us the heart's inborn destination we were born to discover. Love is the highest form of acceptance. Judgment is the mechanics of non-acceptance."

—Stephen Levine, author of *A Year to Live*

"*The Deepest Acceptance* is a multi-faceted spiritual gem. Every page transparently illuminates our real nature as naturally accepting, centerless awareness. Jeff has performed a great service in revealing awareness as the already-present source for living our lives in the most loving and meaningful way possible. I am immensely grateful to Jeff for bringing forth the essence of his teaching with such great power, love and sensitivity. A timeless classic through which numberless people will connect with the source of ultimate fulfillment."

—Peter Fenner, PhD, author of *Radiant Mind* and *The Edge of Certainty*

"Written with warmth, humility and a gentle but penetrating honesty, Jeff invites the reader to explore those

places in themselves that they would most want to avoid and to find there, at their heart, the very thing they were seeking. However, long after the words have faded from memory, the intelligence and love with which they are written remain behind and that is the true gift of this beautiful book.”

—Rupert Spira

"Jeff has achieved something wonderful with this honest and insightful book - something that benefits all of us and sheds much-needed light on the mystery we call life."

—Stephen Gawtry, Managing Editor, *Watkins Mind Body Spirit* magazine

“This book is a constant invitation to not leave spiritual awakening where it is often left, as a search for experiences, a way to avoid the messiness of life or some sort of head trip. It invites you into every nook and cranny of life's experience, leaving no stone unturned.”

—Scott Kiloby

"Throughout *The Deepest Acceptance*, Jeff Foster offers sentence after sentence that penetrate the mind and heart in a fresh, thrilling, life-changing way."

—Raphael Cushnir, author of *The One Thing Holding You Back* and *Surfing Your Inner Sea*

About the Author

**Jeff Foster**

Jeff Foster shares from his own awakened experience a way out of seeking fulfillment in the future and into the acceptance of “all this, here and now.” He studied astrophysics at Cambridge University. Following a period of depression and physical illness, he embarked on an intensive spiritual search that came to an end with the discovery that life itself was what he had always been seeking.

## **Users Review**

**From reader reviews:**

**Sherry Spears:**

What do you with regards to book? It is not important with you? Or just adding material when you really need something to explain what the one you have problem? How about your extra time? Or are you busy man? If you don't have spare time to perform others business, it is give you a sense of feeling bored faster. And you have extra time? What did you do? Every person has many questions above. They should answer that question simply because just their can do in which. It said that about e-book. Book is familiar on every person. Yes, it is right. Because start from on kindergarten until university need this kind of *The Deepest Acceptance: Radical Awakening in Ordinary Life* to read.

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**Francis Gibbs:**

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**Jesus Allgood:**

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