Beautiful TedTalk on

Radical Acceptance, Embracing and not judging emotions, embracing true courage instead, etc.

**[https://www.ted.com/talks/susan\_david\_the\_gift\_and\_power\_of\_emotional\_courage?utm\_source=tedcomshare&utm\_medium=email&utm\_campaign=tedspread--a](https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage?utm_source=tedcomshare&utm_medium=email&utm_campaign=tedspread--a" \t "_blank)**