



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

David Richo

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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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Karen Delamora:

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