



The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions

Christopher K. Germer

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“Buck up.” “Stop feeling sorry for yourself.” “Don’t ruin everything.” When you are anxious, sad, angry, or lonely, do you hear this self-critical voice? What would happen if, instead of fighting difficult emotions, we *accepted* them? Over his decades of experience as a therapist and mindfulness meditation practitioner, Dr. Christopher Germer has learned a paradoxical lesson: We all want to avoid pain, but letting it in--and responding compassionately to our own imperfections, without judgment or self-blame--are essential steps on the path to healing. This wise and eloquent book illuminates the power of self-compassion and offers creative, scientifically grounded strategies for putting it into action. You’ll master practical techniques for living more fully in the present moment -- especially when hard-to-bear emotions arise -- and for being kind to yourself when you need it the most. Free audio downloads of the meditation exercises are available at the author's website: www.mindfulselfcompassion.org.

Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

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