

"Self-compassion is the ground of all emotional healing, and Dr. Germer has produced an invaluable guide. Written with great clarity, psychological wisdom, and warmth, this book will serve anyone seeking practical and powerful tools that free the heart." —Tara Brach, PhD, author of Radical Acceptance

the mindful path to self- compassion

*Freeing Yourself
from Destructive Thoughts
and Emotions*

CHRISTOPHER K. GERMER, PhD

Christopher K. Germer and

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



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“Buck up.” “”Stop feeling sorry for yourself. “Don’ What would happen if, instead of fighting difficult emotions, we approved them?s website: www.com.t ruin everything. More than his decades of knowledge 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 very own imperfections, without judgment or self-blame--are essential steps in relation to healing. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit Free audio downloads of the meditation exercises are available at the author””[chrisgermer](http://chrisgermer.com). When you are anxious, sad, angry, or lonely, perform you hear this self-critical tone of voice? Observe also The Mindful Self-Compassion Workbook, by Kristin Neff and Christopher Germer, which provides step-by-step assistance for building mindful self-compassion abilities and applying them to particular life challenges, and Teaching the Mindful Self-Compassion Plan, by Christopher Germer and Kristin Neff (for experts). This wise and eloquent reserve illuminates the power of self-compassion and will be offering creative, scientifically grounded approaches for placing it into action.



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A Masterpiece about them - Brilliant and Simple with Practice This is by far the "closest thing" I have ever come to ("in my own emotional life,") which I truly feel is answering my deepest questions for why I have not been able to overcome my "multi-faceted" anxieties. I'll buy again to provide to a pal. The heart of this book for me personally has much related to viewing and feeling (and allowing with softness and kind loving awareness) the suffering I "endured" as a young child. Highly recommended. I highly recommend this publication to anyone needing a heartfelt, educational, and common-sense perspective on self-like and self-compassion! I highly recommend this reserve as a tool for many individuals who have problems with childhood trauma whether slight or deep.. Mr. Germer writes with cleverness and clearness. A secular method of mindfulness and self compassion that has great appeal if you ask me individually. It trained me so much, so a lot of things I could apply in my daily life. By and large, teenage students are reluctant to try anything they can not do without perfection--this in turn gets in the way of self-expression in the arts. I've already begun to transfer some of the concepts I am learning as I browse, into my classroom. Amazing This book was amazing. As an apart, I picked up the book not merely for personal factors, but because I wanted to import the concept of personal compassion into might work as a teacher who often delves into creative process. It's been an amazing transformation. He's a mild soul. Links to exercises that I practice right now and that changed my life for the better. The encounters of other people which are shared are touching and I linked strongly to them. A heartfelt, educational, and a standard fantastic book! I've learned so much about self-compassion and self-love from this book. It spoke to my discomfort and fears, and taught me how exactly to love myself a lot more than what I have been doing. Exactly why is it so hard to deal with yourself and love yourself very much the same that you so conveniently look after others? This book has been very useful to everyone I've trained with too. Today it's up if you ask me to put everything into practice and I anticipate doing with the ideas and techniques that I discovered. I now find my anger clearly in my body (when it's revisited) and how I am now more in a position to accept it with a self-loving and compassionate attitude. So excellent that I keep buying it - because I always find yourself giving it away. This is an excellent introduction to the Western/Scientific practice of mindfulness. Simple help through meditation Having struggled with some very hard life stresses for some time, they were starting to get on top of me until a therapist friend recommended this book. For couples, for example, it's Notarius & Markman's "WE ARE ABLE TO Work It Out." For folks that need to work on mindfulness and learning to relate compassionately with themselves, this phenomenal book is it. I finally got it on kindle aswell just to have a duplicate that I could count on being able to get my practical! Probably the best part concerning this book is the method that it uses mindfulness as a vehicle for the development of self-compassion, in a way that as readers undertake the reserve, they develop both these capacities. I can view it not attractive to some - it may be too psychological for those who choose Thich Nhat Hahn, or not empirical more than enough for psychology professionals searching for empirically-validated treatment methods supported by a large number of clinical trials. Like the philosophy that experienced never crossed my brain before. An Intelligent Look at Mindfulness and Self Compassion Mindfulness appears to be the topic of the day but the mix of this notion with the idea of self compassion captivated me.but for those who need a readable, sensitive path that is rooted in both spirituality and psychology, it is a tremendous reference. The solution Christopher write about provides been for me (for us) to love that hurt little boy also to accept that there have been causes -- which in my own case had to do with my mother (God bless her) who was simply in lots of ways unavailable to me actually and emotionally -- and who was quite opinionated and crucial of others. Germer, to supplement

this book. Germer speaks kindly about the personal healing one can find through self-empathy and self-compassion; leading the reader through the practice of mindful meditation whenever possible. I have been even more compassionate towards myself therefore also towards others. Look for his Free of charge app titled Mindful Self-Compassion for a multitude of free of charge meditations, led by Dr. Not a heavy read and is hugely applicable Dr. What I will say is usually that as a psychology professor and psychotherapist, I have a few "go-to" books - books that I constantly have to replace because I end up giving them out to students or loaning them to clients. For someone already open to meditation, this presents a simple yet powerful method to cut through the complications of life's big issues and begin to solve conflicts and get relief. I found this reserve enabled me to release negative emotions toward people I experienced were making life problematic for me and to develop a much more positive romantic relationship with them, resulting in reduced stress and more lucrative interaction. I cannot recommend this book highly enough. Phenomenal guide to therapeutic! This book is a powerful resource for somebody who is a trauma survivor and has been around desperate need of learning self-compassion. I was already familiar with mindfulness, which book brings together that eastern practice with self-healing. Great book Useful guidance for loving kindness. Very enlightening! I've found this book extremely valuable general and the step-by-step information to the meditative practice provides made it an easy task to stick to. Still, I value the incorporation of several scientific research in the text which clearly demonstrate the energy of mindful self-compassion. It might be helpful if the author provided an alternate way of doing what he calls meta, which didn't require repetitive thoughts. I have already recommended this reserve to many friends. Very practical ideas! The idea of mindfulness is really common sense! The author offers suggestions for many possibilities to be mindful. Very helpful to advertise mental health, teaching methods to create calm in difficult situations. This book helped me look at this differently and changed my perspective on self-kindness. I won't get into a description of the reserve, because there are plenty of reviews that do this. The only reason I didn't give it five stars is basically because it doesn't take into account those of us who are recovering from OCD, which I have used as a coping system for my trauma. So helpful. Actually life changing.. Helped me alot! Bought this for a psychology program. Some life changing practices and concepts which have really helped me. Instructive Excellent, feel good book Great condition, speedy delivery. Great perspectives. The approach is entirely new to me and comes from a completely different angle (quite the opposite in fact) from my self-critical strategy. Five Stars Good book. Buy this in case you are upset at yourself, are hard on yourself or simply unhappy. So to suggest repeating mantras over and over feels very much like the obsessive thoughts I have already been wanting to overcome.! Five Stars Perfect!!



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