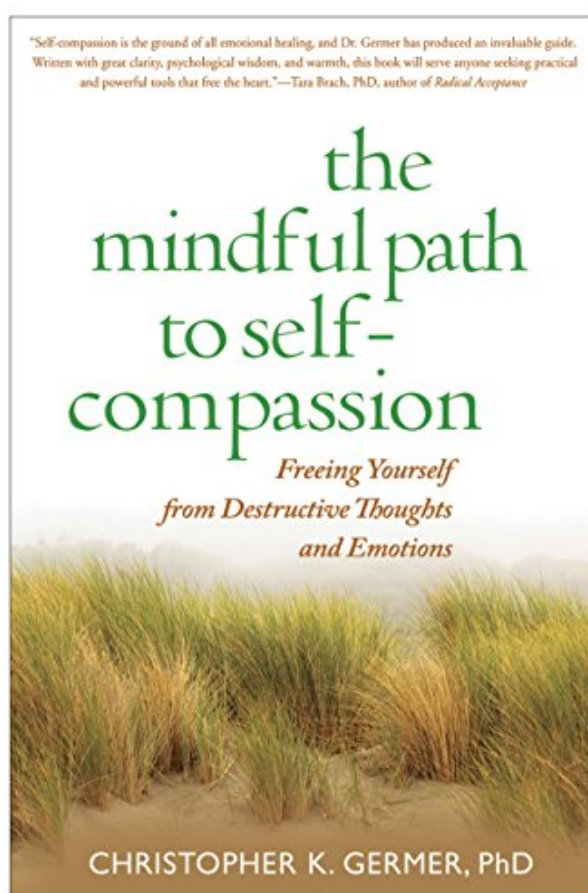


THE MINDFUL PATH TO SELF-COMPASSION: FREEING YOURSELF FROM DESTRUCTIVE THOUGHTS AND EMOTIONS

BY CHRISTOPHER K. GERMER



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the mindful path to self- compassion

*Freeing Yourself
from Destructive Thoughts
and Emotions*

CHRISTOPHER K. GERMER, PhD

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The Mindful Path To Self-Compassion: Freeing Yourself From Destructive Thoughts And Emotions By Christopher K. Germer How can you change your mind to be a lot more open? There many resources that can assist you to enhance your thoughts. It can be from the various other experiences and also tale from some people. Reserve The Mindful Path To Self-Compassion: Freeing Yourself From Destructive Thoughts And Emotions By Christopher K. Germer is among the trusted resources to obtain. You can locate numerous books that we share below in this website. As well as now, we show you among the best, the The Mindful Path To Self-Compassion: Freeing Yourself From Destructive Thoughts And Emotions By Christopher K. Germer

Review

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mindfulness and self-compassion that is much needed and long overdue. Drawing upon decades of practice as a clinician and meditator, Dr. Germer offers a rich and insightful guide to emotional healing. While thoroughly covering the relevant psychological research, the book is written for a general audience, and will be of enormous benefit to both therapists and their clients....Germer's narrative voice is warm, gentle, and down-to-earth. His years of meditation practice have clearly paid off in the writing of this book: every word is infused with wisdom and compassion. An invaluable guide to anyone wanting to learn how to transform their relationship with difficult emotions, this important book will undoubtedly change the lives of many who read it." (British Journal of Psychology 2009-05-01)

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"A superb introduction to mindfulness meditation....This brilliant manual demonstrates how by accepting and embracing emotions, one can move to a higher plane of harmony with oneself and others. Interspersed with supporting data from psychology experiments, this book provides practical, life-changing self-help techniques and suggestions for further readings and practice. Highly recommended. (starred review)." - Library Journal

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About the Author

Christopher K. Germer, PhD, is a clinical psychologist in private practice in the Boston area, Clinical Instructor of Psychology at Harvard Medical School, and a founding member of the Institute for Meditation and Psychotherapy. He is the coeditor of an acclaimed book for professionals, *Mindfulness and Psychotherapy*.

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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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- Published on: 2009-04-29
- Original language: English
- Number of items: 1
- Dimensions: 8.75" h x 6.25" w x .50" l, .89 pounds
- Binding: Paperback
- 306 pages

Features

- Guilford Publications

Review

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About the Author

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Most helpful customer reviews

57 of 58 people found the following review helpful.

So good that I keep buying it - because I always end up giving it away.

By Russell Kolts

I won't go into a description of this book, because there are plenty of reviews that do that. What I will say is 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 couples, for example, it's Notarius & Markman's "We Can Work It Out." For people that need to work on mindfulness and learning to relate compassionately with themselves, this excellent book is it. I finally bought it on kindle as well just to have a copy that I could count on being able to get my hands on! Probably my favorite part about this book is the way that it uses mindfulness as a vehicle for the development of self-compassion, such that as readers move through the book, they develop both of these capacities. I can see it not appealing to some - it might be too psychological for those who prefer Thich Nhat Hahn, or not empirical enough for psychology professionals looking for empirically-validated treatment approaches supported by dozens of clinical trials...but for those who want a readable, sensitive path that is rooted in both spirituality and psychology, it is a tremendous resource. Highly recommended.

13 of 14 people found the following review helpful.

A Masterpiece on the Subject - Brilliant and Simple with Practice

By Charles E Bradley

This is by far the "closest thing" I have ever come to ("in my emotional life,") which I truly feel is answering my deepest questions for why I have not been able to overcome my "multi-faceted" anxieties. The approach is entirely new to me and comes from a completely different angle (quite the opposite actually) from my self-critical approach. The heart of this book for me personally has much to do with seeing and feeling (and allowing with softness and kind loving awareness) the suffering I "endured" as a young child. The solution Christopher write about has been for me (for us) to love that hurt little boy and to accept that there were causes -- which in my case had to do with my mother (God bless her) who was in many ways unavailable to me physically and emotionally -- and who was quite opinionated and critical of others. I now see my anger clearly in my body (when it is revisited) and how I am now more able to accept it with a self-loving and compassionate attitude. I highly recommend this book as a tool for many people who suffer from childhood trauma whether it be slight or deep.

9 of 9 people found the following review helpful.

Pleasurable read, includes psychological and neurological case studies

By Fivekitten

I had only recently heard of the concept of "self-compassion" through a blog I stumbled upon last year, and I'm trying to learn more about meditation to deal with chronic neuropathic pain and "self-compassion" as a tool to deal with depression and alcoholism. There are a few people in mind I have when reading this book, myself and others, and I was pleased how the book had a variety of case studies that included not only psychological case studies, but also other experiments and studies involving functional MRIs. The book gives actual "steps" on what you can do to practice mindfulness and self-compassion. It's not preachy, it's not sappy. It's a good how-to book with studies and stories to introduce you to "mindfulness" and self-compassion. I haven't finished reading it (I have a tendency to have several books "in progress" and bounce around according to my mood), but it's an easy read, not overly scientific nor full of medical terminology. It's for the "regular" person seeking practical ways to deal with their depression, pain, ptsd, alcoholism, grief, feelings of failure, or other deadening and self-defeating habits or battles. If you're trying to get through an exhausting mental battle, tired of not being able to function, keep "slipping back" or sick of being on medication, I recommend you read this book for practical ways to help heal yourself and be able to face daily challenges.

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Review

"Those of us treating people who struggle with addictions know all too well how clients' feelings of shame or self-blame often undermine efforts to achieve effective interventions. In this remarkable book, Germer shows readers how to use mindfulness and self-compassion to open up to their pain and treat themselves with kindness. Ideal for recommendation to clients who have fallen off the wagon or who are blaming themselves for failed relationships, lost jobs, and scattered lives, this book offers a way out of a vicious cycle."--G. Alan Marlatt, PhD, Department of Psychology and Director, Addictive Behaviors Research Center, University of Washington "In this important book, Christopher Germer illuminates the myriad synergies between mindfulness and compassion. He offers skillful and effective ways of making sure that we are inviting ourselves, as well as others, to bathe in and benefit from the kind heart of awareness itself, and from the actions that follow from such a radical and sane embrace."--Jon Kabat-Zinn, PhD, author of *Arriving at Your Own Door* and *Letting Everything Become Your Teacher* "Loving-kindness and compassion are the basis for wise, powerful, sometimes gentle, and sometimes fierce actions that can really make a difference--in our own lives and those of others....In the following pages you will find a scientific review, an educational manual, and a practical step-by-step guide to developing greater loving-kindness and self-compassion every day."--from the Foreword by Sharon Salzberg, author of *Lovingkindness* "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* "Explains both the science and practice of developing kindness toward ourselves and others. Dr. Germer offers powerful and easily accessible steps toward transforming our lives from the inside out. It's never too late to start along this important path."--Daniel J. Siegel, MD, author of *The Mindful Brain* "An elegant and practical guide to cultivating self-compassion, by a dedicated and wise clinician and meditation teacher. The author offers time-honored practices and exercises with the potential to illuminate and transform the background chatter of our minds that determines so much of the course of our lives."--Samuel Shem, MD, author of *The House of God*

"In this intelligent, concise, and easy-to-read book, Christopher Germer presents an exciting synthesis of

mindfulness and self-compassion that is much needed and long overdue. Drawing upon decades of practice as a clinician and meditator, Dr. Germer offers a rich and insightful guide to emotional healing. While thoroughly covering the relevant psychological research, the book is written for a general audience, and will be of enormous benefit to both therapists and their clients....Germer's narrative voice is warm, gentle, and down-to-earth. His years of meditation practice have clearly paid off in the writing of this book: every word is infused with wisdom and compassion. An invaluable guide to anyone wanting to learn how to transform their relationship with difficult emotions, this important book will undoubtedly change the lives of many who read it." (British Journal of Psychology 2009-05-01)

"Very well written....filled with practical suggestions and methods....Both the reasoning supporting the importance of the method and the method itself are presented in a clear and compelling fashion. I felt excited, touched, and enriched as I read on, and I am sure most readers will have a similar response....Offers a good integration of Eastern spirituality with Western science to make a compelling argument for the values and effectiveness of mindfulness and compassion meditation. Not only is the argument clear and convincing, but the book also offers plenty of practical aids....Should you read this book? Enthusiastically, yes....An excellent review of the evidence for mindful self-compassion in a psychoeducational manual and a step-by-step guide to developing awareness, self-compassion, and loving kindness." (PsycCRITIQUES 2009-05-01)

"A very accessible introduction....[Germer] writes in a relaxed style that makes the book easy to read, without skimping on detail....The layout is clear and uncluttered, with a mix of explanation, theory, practice, along with case study examples from Germer's own life and that of his clients. There are useful websites scattered through the book....Mindfulness could well become an important part of my own self-care, which will also feed into my client work. This book is a helpful start and a handy resource." (Independent Practitioner 2009-05-01)

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"A superb introduction to mindfulness meditation....This brilliant manual demonstrates how by accepting and embracing emotions, one can move to a higher plane of harmony with oneself and others. Interspersed with supporting data from psychology experiments, this book provides practical, life-changing self-help techniques and suggestions for further readings and practice. Highly recommended. (starred review)." - Library Journal

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About the Author

Christopher K. Germer, PhD, is a clinical psychologist in private practice in the Boston area, Clinical Instructor of Psychology at Harvard Medical School, and a founding member of the Institute for Meditation and Psychotherapy. He is the coeditor of an acclaimed book for professionals, *Mindfulness and Psychotherapy*.

The Mindful Path To Self-Compassion: Freeing Yourself From Destructive Thoughts And Emotions By Christopher K. Germer How can you change your mind to be a lot more open? There many resources that can assist you to enhance your thoughts. It can be from the various other experiences and also tale from some people. Reserve The Mindful Path To Self-Compassion: Freeing Yourself From Destructive Thoughts And Emotions By Christopher K. Germer is among the trusted resources to obtain. You can locate numerous books that we share below in this website. As well as now, we show you among the best, the The Mindful Path To Self-Compassion: Freeing Yourself From Destructive Thoughts And Emotions By Christopher K. Germer