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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

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responding compassionately to our own imperfections, without judgment or self-blame--are essential steps on the path to healing.

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achieving self-acceptance and nurturing
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yourself.” “Don’t ruin everything.” When
you are anxious, sad, angry, or lonely,

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do you hear this self-critical voice?

**The Mindful Path to Self-
Compassion - Chris Germer**

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The mindful path to self-compassion:
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Guilford Press. Beltzner, E. (2019). How to tame the tumbles: The mindful and compassionate way. Ontario: Mosaic Press. Bennett-Goleman, T. (2001). Emotional alchemy: How the mind can heal the heart. New York: Three Rivers Press. Bluth, K. (2017).

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Destructive Thoughts and Emotions ...

"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

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achieve effective interventions.

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Mindful self compassion is a blend of mindful and self-compassion skills. It is a self-healing practice of being aware about yourself and having self-compassion with this awareness. Think about the last time when you got upset. Maybe, it was because of a failure.

Mindful Self Compassion | The

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