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### The Mindful Path To Self

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The Mindful Path to Self Compassion Freeing Yourself from Destructive Thoughts and Emotions by Christopher K. Germer, Ph.D. Christopher Germer is writing a book that combines buddhism, meditation, and psychology. While it includes buddhist practices, there is little preaching.

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The Mindful Path to Self compassion Book Description : For people who struggle with difficult emotions like anxiety, guilt, anger, loneliness, sadness, or low self-esteem, mindfulness practices can be enhanced by adding a simple yet powerful ingredient: self-compassion.

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His books include The Mindful Self-Compassion Workbook and The Mindful Path to Self-Compassion (for the general public) and Teaching the Mindful Self-Compassion Program, Wisdom and Compassion in Psychotherapy, and Mindfulness and Psychotherapy, Second Edition (for professionals). Dr. Germer lectures and leads workshops internationally.

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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.

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The Mindful Path to Self-Compassion “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?

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Mindful Self-Compassion is not sainthood, self-indulgence, narcissism or self-pity but a way to relate to shame, inner criticism, anger, anxiety and distress by reconnecting with the self and others to ease pain and gain greater emotional strength, resilience and well-being.

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Germer and Sharon Salzberg}, year={2009} }

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The Self-Compassion break is a way of attending to yourselves, when we are struggling, in a comforting and soothing way to ease stress and promote resilience. Soft Landing Meditation (7min)  
In this short meditation we pause, to be present, to be aware of what is here now and to bring warmth and kindness to ourselves.

## **Free Mindfulness and Self-Compassion Guided Meditations**

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