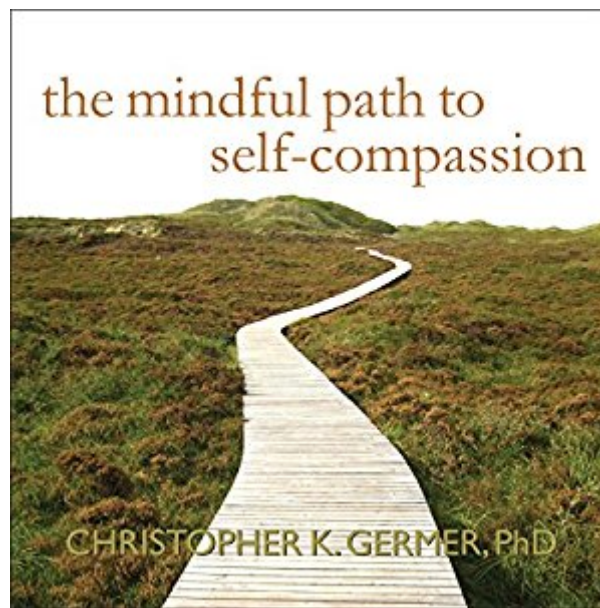


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# The Mindful Path To Self-Compassion: Freeing Yourself From Destructive Thoughts And Emotions



## Synopsis

"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 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.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 43 minutes

Program Type: Audiobook

Version: Unabridged

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## Customer Reviews

"Meditation practice isn't about trying to throw ourselves away or become something better. It's about befriending who we are already." - Pema Chodron

How do we subvert our deeply conditioned tendencies towards self-criticism? In this competitive, stressful society, we are easily thrown into competition with ourselves - fighting desperately to eradicate the more vulnerable parts of ourselves and cultivate the qualities, experiences and possessions that we think will help us get ahead. In this struggle, we often lose touch with the capacity to have compassion for our plight, a plight shared by everyone. In "The Mindful Path to Self-Compassion", psychologist Christopher K. Germer offers a way out of this often demoralizing battle. In the introduction, Germer calls this an "un-self-help book." In many ways, the methods of befriending difficult emotions and practicing compassion could directly neutralize what sends many of us to the self-help section of the bookstore. This book

presents an engaging, friendly guide to navigating this often very subtle, tricky work. The book is divided into three parts. Part I (Discovering Self-Compassion) is a guided introduction to mindfulness meditation and the concept of self-compassion. Customers may have noticed this book is similar in title to another from the same publisher: *The Mindful Way through Depression*. That book has actually helped me prevent a relapse of depression for two years now and I recommend it highly. Both "*The Mindful Way through Depression*" and "*The Mindful Path to Self-Compassion*" present much of the same material in much the same manner.

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*Compassion Haiku: Daily insights and practices for developing compassion for yourself and for others*  
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*Don't Bite the Hook: Finding Freedom from Anger, Resentment, and Other Destructive Emotions*  
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