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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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In The Mindful Path to Self-Compassion, you'll discover: The three essential steps you MUST know for developing strong self-compassion over time. (You'll develop an unshakeable foundation of self-love and feel INSTANT relief from all self-inflicted suffering!) The secrets to achieving self-acceptance and nurturing your confident self.

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