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~~Session 1—Practicing  
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acceptance, and  
compassion.

The Mindful Path to  
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Freeing Yourself From

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Christopher K. Germer,

Ph.D. Christopher

Germer is writing a

book that combines

buddhism, meditation,

and psychology. While

it includes buddhist

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practices, there is little preaching.

The Mindful Path to Self-Compassion: Freeing Yourself from

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(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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up.” “Stop feeling sorry

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ruin everything.” When

you are anxious, sad,

angry, or lonely, do you

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hear this self-critical  
voice?

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APPROACH:

WITHOUT MINDFUL  
SELF COMPASSION

APPROACH:

Perspective: Supportive:  
Hostile: Vision for

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yourself: Acceptance:

Rejection: Response:

Self-improving: Self-

blaming: Physical

health: Healthy habits.

Like – exercise, a good  
diet, meditation, etc.

Unhealthy habits. Like –  
smoking, alcohol, drug

addiction, etc. Mental

health: Relaxed.Calm.

Mindful Self

Compassion | The

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Mindful Path To Self ...

The Mindful Path to  
Self-Acceptance. ... His  
latest book is the

Mindfulness and  
Acceptance Workbook  
for Self Esteem. Online:  
Joe Oliver, Ph.D., at  
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experience as a therapist  
and mindfulness  
meditation practitioner,  
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## Emotions

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new wellness skills for

work and life. ... "I was

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concerned I was going to get pushback from folks thinking mindfulness was hippy-dippy stuff or saying, “That’s not going to fly at my organization”. I was surprised that there was a lot of respect for what she had to say.

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sources - including meditation, mindfulness, and acceptance and commitment therapy - this book will help you find the right way to start feeling good about yourself.

## Emotions

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Salzberg and C.

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