

The Mindful Path To Self Compassion Freeing Yourself From Destructive Thoughts And Emotions Christopher K Germer

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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 | Chris Germer

WITH MINDFUL SELF COMPASSION APPROACH: WITHOUT MINDFUL SELF COMPASSION APPROACH: Perspective: Supportive: Hostile: Vision for 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.

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