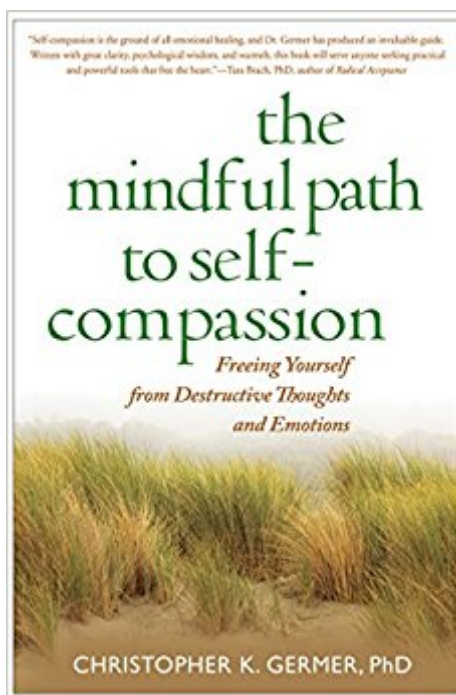




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The Mindful Path To Self-Compassion: Freeing Yourself From Destructive Thoughts And Emotions



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, without judgment or self-blame--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. Free audio downloads of the meditation exercises are available at the author’s website: www.mindfulselfcompassion.org. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

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Customer Reviews

"Those of us treating people who struggle with addictions know all too well how clients' feelings of shame or self-blame often undermine efforts to achieve effective interventions. In this remarkable book, Germer shows readers how to use mindfulness and self-compassion to open up to their pain and treat themselves with kindness. Ideal for recommendation to clients who have fallen off the wagon or who are blaming themselves for failed relationships, lost jobs, and scattered lives, this

book offers a way out of a vicious cycle."--G. Alan Marlatt, PhD, Department of Psychology and Director, Addictive Behaviors Research Center, University of Washington

“In this important book, Christopher Germer illuminates the myriad synergies between mindfulness and compassion. He offers skillful and effective ways of making sure that we are inviting ourselves, as well as others, to bathe in and benefit from the kind heart of awareness itself, and from the actions that follow from such a radical and sane embrace.”--Jon Kabat-Zinn, PhD, author of *Arriving at Your Own Door* and *Letting Everything Become Your Teacher*

“Loving-kindness and compassion are the basis for wise, powerful, sometimes gentle, and sometimes fierce actions that can really make a difference--in our own lives and those of others....In the following pages you will find a scientific review, an educational manual, and a practical step-by-step guide to developing greater loving-kindness and self-compassion every day.”--from the Foreword by Sharon Salzberg, author of *Lovingkindness*

“Self-compassion is the ground of all emotional healing, and Dr. Germer has produced an invaluable guide. Written with great clarity, psychological wisdom, and warmth, this book will serve anyone seeking practical and powerful tools that free the heart.”--Tara Brach, PhD, author of *Radical Acceptance*

“Explains both the science and practice of developing kindness toward ourselves and others. Dr. Germer offers powerful and easily accessible steps toward transforming our lives from the inside out. It's never too late to start along this important path.”--Daniel J. Siegel, MD, author of *The Mindful Brain*

“An elegant and practical guide to cultivating self-compassion, by a dedicated and wise clinician and meditation teacher. The author offers time-honored practices and exercises with the potential to illuminate and transform the background chatter of our minds that determines so much of the course of our lives.”--Samuel Shem, MD, author of *The House of God*

In this intelligent, concise, and easy-to-read book, Christopher Germer presents an exciting synthesis of mindfulness and self-compassion that is much needed and long overdue. Drawing upon decades of practice as a clinician and meditator, Dr. Germer offers a rich and insightful guide to emotional healing. While thoroughly covering the relevant psychological research, the book is written for a general audience, and will be of enormous benefit to both therapists and their clients....Germer's narrative voice is warm, gentle, and down-to-earth. His years of meditation practice have clearly paid off in the writing of this book: every word is infused with wisdom and compassion. An invaluable guide to anyone wanting to learn how to transform their relationship with difficult emotions, this important book will undoubtedly change the lives of many who read it." (British Journal of Psychology 2009-05-01)

"Very well written....filled with practical suggestions and methods....Both the reasoning supporting the importance of the method and the method itself are presented in a clear and compelling fashion. I felt excited,

touched, and enriched as I read on, and I am sure most readers will have a similar response....Offers a good integration of Eastern spirituality with Western science to make a compelling argument for the values and effectiveness of mindfulness and compassion meditation. Not only is the argument clear and convincing, but the book also offers plenty of practical aids....Should you read this book? Enthusiastically, yes....An excellent review of the evidence for mindful self-compassion in a psychoeducational manual and a step-by-step guide to developing awareness, self-compassion, and loving kindness." (PsycCRITIQUES 2009-05-01)"A very accessible introduction....[Germer] writes in a relaxed style that makes the book easy to read, without skimping on detail....The layout is clear and uncluttered, with a mix of explanation, theory, practice, along with case study examples from Germer's own life and that of his clients. There are useful websites scattered through the book....Mindfulness could well become an important part of my own self-care, which will also feed into my client work. This book is a helpful start and a handy resource." (Independent Practitioner 2009-05-01)

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brilliant manual demonstrates how by accepting and embracing emotions, one can move to a higher plane of harmony with oneself and others. Interspersed with supporting data from psychology experiments, this book provides practical, life-changing self-help techniques and suggestions for further readings and practice. Highly recommended. (starred review)." -Library Journal "A very accessible introduction....[Germer] writes in a relaxed style that makes the book easy to read, without skimping on detail....The layout is clear and uncluttered, with a mix of explanation, theory, practice, along with case study examples from Germer's own life and that of his clients. There are useful websites scattered through the book....Mindfulness could well become an important part of my own self-care, which will also feed into my client work. This book is a helpful start and a handy resource."--Independent Practitioner (Independent Practitioner) "Those of us treating people who struggle with addictions know all too well how clients' feelings of shame or self-blame often undermine efforts to achieve effective interventions. In this remarkable book, Germer shows readers how to use mindfulness and self-compassion to open up to their pain and treat themselves with kindness. Ideal for recommendation to clients who have fallen off the wagon or who are blaming themselves for failed relationships, lost jobs, and scattered lives, this book offers a way out of a vicious cycle."--G. Alan Marlatt, PhD, Department of Psychology and Director, Addictive Behaviors Research Center, University of Washington "In this important book, Christopher Germer illuminates the myriad synergies between mindfulness and compassion. He offers skillful and effective ways of making sure that we are inviting ourselves, as well as others, to bathe in and benefit from the kind heart of awareness itself, and from the actions that follow from such a radical and sane embrace."--Jon Kabat-Zinn, PhD, author of *Arriving at Your Own Door* and *Letting Everything Become Your Teacher* "Loving-kindness and compassion are the basis for wise, powerful, sometimes gentle, and sometimes fierce actions that can really make a difference--in our own lives and those of others....In the following pages you will find a scientific review, an educational manual, and a practical step-by-step guide to developing greater loving-kindness and self-compassion every day."--from the Foreword by Sharon Salzberg, author of *Lovingkindness* "Self-compassion is the ground of all emotional healing, and Dr. Germer has produced an invaluable guide. Written with great clarity, psychological wisdom, and warmth, this book will serve anyone seeking practical and powerful tools that free the heart."--Tara Brach, PhD, author of *Radical Acceptance* "Explains both the science and practice of developing kindness toward ourselves and others. Dr. Germer offers powerful and easily accessible steps toward transforming our lives from the inside out. It's never too late to start along this important path."--Daniel J. Siegel, MD, author of *The Mindful Brain* "An elegant and practical guide to cultivating

self-compassion, by a dedicated and wise clinician and meditation teacher. The author offers time-honored practices and exercises with the potential to illuminate and transform the background chatter of our minds that determines so much of the course of our lives."--Samuel Shem, MD, author of *The House of God*

Having struggled with some very difficult life stresses for a while, they were beginning to get on top of me until a therapist friend recommended this book. For someone already open to meditation, this presents a very simple yet powerful way to cut through the complications of life's big issues and begin to resolve conflicts and get relief. I found this book enabled me to release negative feelings toward people I felt were making life difficult for me and to develop a much more positive relationship with them, leading to reduced stress and more successful interaction. I can't recommend this book strongly enough.

This book could very easily be the very short list in the tradition of practices of spiritually waking up. In very simple direct language with exercises given as aids to spiritual development, Christopher Germer shows how using mindfulness meditation but especially Meta--loving-kindness--meditation one can start to reduce negative judgemental feelings toward both oneself and other people that are real important impediments to ones sense of well being and happiness and effective constructive day to day functioning. Really excellent for the laymen and all spiritual practitioners. Eric Warwick

Dr. Germer speaks kindly about the personal healing one can find through self-empathy and self-compassion; leading the reader through the practice of mindful meditation whenever possible. He is a gentle soul. Look for his FREE app titled *Mindful Self-Compassion* for a multitude of free meditations, led by Dr. Germer, to supplement this book.

This book has been a powerful resource for someone who is a trauma survivor and has been in desperate need of learning self-compassion. I was already familiar with mindfulness, and this book brings together that eastern practice with self-healing. The only reason I didn't give it five stars is because it doesn't take into account those of us who are recovering from OCD, which I have used as a coping mechanism for my trauma. So to suggest repeating mantras over and over feels very much like the obsessive thoughts I have been wanting to overcome. It would be helpful if the author provided an alternate way of doing what he calls meta, which didn't require repetitive thoughts. Still, I appreciate the incorporation of numerous scientific studies in the text which clearly demonstrate

the power of mindful self-compassion. I have found this book incredibly valuable overall and the step-by-step guide to the meditative practice has made it easy to follow. I have already recommended this book to many friends.

The heart of this book is the discussion of metta, a Theravada Buddhist sequence of meditations aimed at fostering an increased ability to love and be kind to others. I practice metta and am currently planning a research project implementing the technique. So far as I know, I own every book on the topic in English. This is the best of them. The description is both detailed and accessible. Moreover, while there is not a great deal of research on this topic, the book is solidly grounded in what research exists. When individuals ask me for a book on metta this is the one I recommend.

Loved the concrete examples of what a patient can do for himself between sessions. Now if I can only live safely, healthfully, happily and with ease! Self compassion makes total sense, but it's not easy to always do it. Germer gives you a sense that Metta practice takes two to three years to integrate in one's life. Nothing worthwhile happens overnight.

Essential book for those wishing relief from self-imposed suffering. Encompasses all of the relevant information on self-compassion and mindfulness in order to transform our lives. Treating ourselves better allows us to treat others with more kindness and to create a kinder society.

Easy to read and informative. It can be difficult to get your head around new ways of viewing/understanding your mind but this book has been written with care and a high regard to help the reader engage fully with the wonderful practice of mindfulness. Many thanks for assisting me on my quest for inner peace and fulfilment.

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