

Mindful Compassion



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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, altered the way I believe.

(Prof. Loyce Runolfsson Jr.)

MINDFUL COMPASSION



Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. This ground-breaking new book combines the best of compassion-focused therapy with the most effective mindfulness techniques. The result is an extremely effective approach to overcoming everyday emotional and psychological problems and improving one's sense of well being. Based on the latest work from Professor Paul Gilbert OBE, best-selling author of *The Compassionate Mind*, and Buddhist expert Choden. Professor Gilbert has spent the past 20 years developing a new therapy called Compassion-Focused Therapy (CFT) which has gained international following. In recent years, mindfulness is being used increasingly to treat common mental health problems such as depression, stress and stress-related insomnia. In this ground-breaking new audiobook, Professor Gilbert, along with his co-author Choden, combines the best of Compassion-Focused Therapy with the most effective mindfulness techniques. The result is an extremely effective approach to overcoming everyday emotional and psychological problems and improving one's sense of wellbeing. Professor Paul Gilbert OBE is world-renowned for his work on depression, shame and self-criticism. He is head of the Mental Health Research Unit, University of Derby. He is the author of the best-selling *The Compassionate Mind* and *Overcoming Depression*. Choden: Formally a monk for seven years within the Tibetan Buddhist tradition, Choden (aka Sean McGovern) completed a three year, three month retreat in 1997 and has been a practicing Buddhist since 1985. He is originally from South Africa where he trained as a lawyer and where he learned meditation under the guidance of Rob Nairn, an internationally renowned Buddhist teacher. He is now involved in developing secular mindfulness and compassion programmes drawing upon the wisdom and methods of the Buddhist tradition, as well as contemporary insights from psychology and neuroscience. He is an...



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Bringing Elizabeth Home: A Journey of Faith and Hope

BRILLIANCE AUDIO, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 170 x 133 mm. Language: English . Brand New. At 3:58 in the morning of June 5, 2002, Ed and Lois Smart awoke to the...

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Rumpy Dumb Bunny: An Early Reader Children s Book

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Rumpy is a dumb bunny. He eats poison ivy for breakfast and annoys...

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Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. Homeschooling: YOU CAN DO IT! If you are considering homeschooling, Overcome Your...

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Depression: Cognitive Behaviour Therapy with Children and Young People

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it...

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