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Mindful Compassion: Using the Power of Mindfulness and Compassion to Transform Our Lives

By Paul Gilbert, Kunzang Choden

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Mindful Compassion: Using the Power of Mindfulness and Compassion to Transform Our Lives, Paul Gilbert, Kunzang Choden, Based on the latest work from Professor Paul Gilbert OBE, bestselling author of The Compassionate Mind, and Buddhist expert Choden. Professor Gilbert has spent the past twenty years developing a new therapy called Compassion-Focused Therapy (CFT) which has an 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 book, 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.



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Reviews

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