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The Mindful Path to Self-Compassion (Audiobook) by Christopher K. Germer

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Christopher Germer on
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Ep73: Daniel Ingram -

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K. Germer, Ph.D. Christopher
Germer is writing a book
that combines buddhism,
meditation, and psychology.

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While it includes buddhist practices, there is little preaching.

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Compassion, you'll discover:
The three essential steps
you MUST know for developing
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feeling sorry for yourself.”

“Don't ruin everything.”

When you are anxious, sad,
angry, or lonely, do you
hear this self-critical

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APPROACH: WITHOUT MINDFUL
SELF COMPASSION APPROACH:
Perspective: Supportive:

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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 -

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addiction, etc. Mental
health: Relaxed.Calm.
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experience as a therapist
and mindfulness meditation
practitioner, Dr. ...

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Negative Emotions with Self-
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for work and life. ... "I
was concerned I was going to
get pushback from folks
thinking mindfulness was
hippy-dippy stuff or saying,

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“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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this book will help you find
the right way to start
feeling good about yourself.

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