

The Compassionate Mind Workbook A Step By Step Guide To Developing Your Compassionate Self

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The Compassionate Mind Workbook A

CFT-based interventions can help people with a range of mental health problems develop compassion for themselves, be open to the compassion of others and develop compassion for others. This workbook is a step-by-step guide to CFT, in which the chapters build your understanding of yourself, the skills that give rise to a compassionate mind, and ways to work with whatever difficulties you're struggling with in life.

The Compassionate Mind Workbook: A step-by-step guide to ...

The Compassionate Mind Workbook is for anyone who is interested in how compassion - in the form of ideas and practices derived from Compassion Focused Therapy (CFT) and other approaches - may help us to engage with, understand and ultimately, try to alleviate suffering.

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Dr Chris Irons is a clinical psychologist, researcher, author and trainer. He is co-director of Balanced Minds (www.balancedminds.com), a London-based organisation providing compassion focused psychological interventions for individuals and organisations. He is the author of a number of books, including The Compassionate Mind Workbook.

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This wise and perceptive book teaches us self-compassion and the consolations of kindness. Compassionate Mind is a roadmap to compassion for the self and towards others. It is a book for those curious enough to explore their hidden potential to attain a special kind of humanness and happiness. Highly recommend ++++.

The Compassionate Mind Workbook by Irons, Chris (ebook)

The Compassionate Mind Workbook is for anyone who is interested in how compassion - in the form of ideas and practices derived from Compassion Focused Therapy (CFT) and other approaches - may help us to engage with, understand and ultimately, try to alleviate suffering. CFT utilises both Buddhist practices and Western psychological science.

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The Compassionate Mind Foundation was founded as an international charity in 2006 by Professor Paul Gilbert and colleagues including Drs Deborah Lee, Mary Welford, Chris Irons, Ken Goss, Ian Lowens, Chris Gillespie, Mrs Diane Woollands, Mrs Jean Gilbert and other supporters.

The Compassionate Mind Foundation

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The Compassionate Mind is a roadmap to compassion for the self and towards others. It is a book for those curious enough to explore their hidden potential to attain a special kind of humanness and happiness. A 10 on a scale of 1 to 10. --Michael McGuire, author Darwinian Psychiatry

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