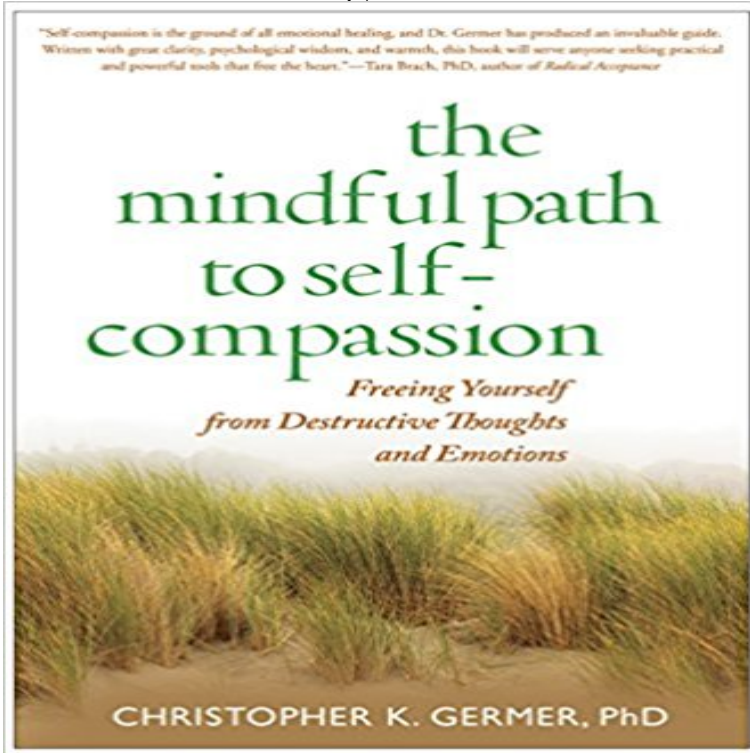


# The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions



“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 authors website: [www.mindfulselfcompassion.org](http://www.mindfulselfcompassion.org).

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Thoughts The dark thought, the shame, the malice Meet them at the door laughing And invite We instinctively go to battle against unpleasant emotions as if they were

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