

Download Free The
Compassionate Mind
Workbook A Step By Step
The Compassionate Mind
Guide To Developing Your
Compassionate Self
Workbook A Step By Step
Guide To Developing
Your Compassionate Self
It is well-known that having

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**a baby can be a time of joy
but also one of anxiety and
even depression for new
mothers. Indeed it is very
common for new mothers to
experience a short period of
distress following childbirth,**

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often referred to as 'baby blues'. Usually this passes quite quickly, however for more than 1 in 10 women, this distressing experience can be more prolonged. This practical self-help book

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**based on Compassion
Focused Therapy will help
women to recognise some of
the symptoms and, where
appropriate, to normalise
them, thereby alleviating
their distress. It will also**

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guide mothers-to-be and new mothers through the maze of confusing feelings that can arise. Not only will this book cover the basic experiences and symptoms associated with anxiety and depression

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**and childbirth, an
evolutionary model of why
this occurs, and an outline
of the basic Compassionate
Mind model, it will guide the
reader through a series of
exercises that they can use**

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**for themselves to develop
their compassionate mind
and work on their
difficulties.**

**Compassion focused therapy
(CFT) articulates an
approach that faces**

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**suffering head-on to
understand, alleviate, and
prevent suffering in
ourselves and in others.
Compassion Focused Group
Therapy for University
Counseling Centers is a one-**

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**of-a-kind 12-session manual
for conducting compassion
focused group therapy on
university campuses with
students presenting a
diverse set of complex
mental health concerns.**

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**Beginning with suggested
readings designed to enrich
understanding of the
principles covered, each
module presents
psychoeducation
interventions, engaging**

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**intrapersonal and
interpersonal exercises, and
process-oriented
instructions. Modules can be
followed session-by-session
or adapted according to the
needs of the group. Eye-**

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**catching handouts are
included at the end of the**

modules to help leaders

provide visual

representation of the themes

discussed in each session.

This manual is designed to

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**be used by licensed
clinicians and should be
used in conjunction with the
manual's companion
Compassion Focused
Therapy Participant
Workbook which provides**

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**clients with summaries of
each session, handouts, and
key exercises.**

**Embark on a journey of self
love--a powerful workbook
for women In a rapidly
changing world full of**

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Workbook A Step By Step
personal and professional
challenges, it's not always
easy to treat ourselves with
love and compassion--but
the Self Love Workbook for
Women is a simple first step.
It's full of thought-provoking

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Workbook A Step By Step
**reflection and
encouragement for women
who want to build the
confidence and self-esteem
they need to take on the
world. Whether you're
navigating your own body**

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**image, leaving an unhealthy
relationship, or are simply
trying to embrace who you
are, this book provides
helpful tools and exercises
for developing a better
relationship with yourself.**

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**Self Love Workbook for
Women offers: A two-part**

**approach--Learn what self
love really is and why it's so
important, then find ways to
release self-doubt, practice
self-compassion, and create**

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**a life filled with meaning
and purpose. Proven
techniques--Get inspired by
quotes, affirmations,
powerful exercises, and
insightful prompts that are
based in positive psychology,**

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**mindfulness, and other
methods for practicing self
love. All you need is love--If
you're going through a hard
time, or just want to include
more loving practices in
your life, this workbook will**

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help you reach your full potential and nurture yourself along the way. This workbook is your roadmap to self love and positive change.

Many of us have a tendency

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**to measure our self-worth by
comparing ourselves to
others. But when we fail to
reach our own, families,
communities or societies
'ideals' this often results in
feelings of inadequacy,**

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anxiety and low mood. We

may become self-critical,

experience shame and a

sense of being different from

others. Although an

improvement in 'self-esteem'

is what we may feel we want

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this is not necessarily what we need. This is because self-esteem is often associated with times when things are going well but can fail us when things do not go to plan. In contrast self-

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confidence, built from self-compassion, can help us when things are going well and make us more resilient when things are difficult.

This book uses the ideas and practices of Compassion

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**Focused Therapy to help
build self-confidence.**

**Attention is also paid to
difficulties that often come
hand in hand with lack of
self-confidence such as
anxiety, depression,**

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substance use and anger.

Compassion Focused

Therapy

Creative and Compassionate

Ways to Boost Your

Wellbeing

Take Control of Social

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**Anxiety Using Your
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Mindfulness and
Compassion Skills to
Overcome Self-Criticism and
Embrace Who You Are
Life's Need to Re-represent**

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**Itself
Compassion Focused
Therapy Participant
Workbook
Concepts, Research and
Applications**

This self-help book explores the

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*problems created by having ready
access to high fat foods designed to*

taste good. Because we evolved in

conditions of relative scarcity we

have few natural food inhibitors and

so most diet books try to encourage

people to inhibit their eating by highly

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rule governed behaviours which have to be constantly worked at. However, this can lead to various forms of self-criticism which can undermine efforts at self-control. As a result our relationship with eating can be complex, multifaceted and

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Workbook A Step By Step

*problematic. Beating Overeating
Guide To Developing Your
Compassionate Self
uses Compassion Focused Therapy -
a groundbreaking new therapeutic
approach - to understand and work
with our urges and passions for food.
We can learn to enjoy and accept*

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food and pay attention to our biological and emotional needs. This book is for people who have tried diets and found that they don't work and will enable the reader to have a healthier and happier relationship with food and their body. Topics

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covered: The relationship between our brains and food, the evolutionary background to finding, conserving and eating food How too much or too little food affects the brain, why diets don't work, factors affecting our eating behaviour (tastes, stress,

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comfort, etc) Body shape and culture

Developing an inner compassion for

one's relationship with food -

*recognising what we need and what is
helpful*

*Terrible events are very hard to deal
with and those who go through a*

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trauma often feel permanently changed by it. Grief, numbness, anger, anxiety and shame are all very common emotional reactions to traumatic incidents such as an accident or death of a loved one, and ongoing traumatic events such as

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*domestic abuse. How we deal with the
aftermath of trauma and our own*

emotional response can determine

how quickly we are able to 'move on'

and get back to 'normality' once more.

An integral part of the recovery

process is not only recognising and

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*accepting how our lives may have
been changed but also learning to
deal with feelings of shame - an*

extremely common reaction to

trauma. 'Recovering from Trauma'

uses the groundbreaking Compassion

Focused Therapy to help the reader to

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not only develop a fuller understanding of how we react to trauma, but also to deal with any feelings of shame and start to overcome any trauma-related difficulties.

Don't be so hard on yourself – use

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*Workbook A Step By Step
Guide To Developing Your
Compassionate Self*
*compassion focused therapy as your
guide It's often said that we're our
own worst critics—and it's true.*

*Compassion Focused Therapy For
Dummies offers straightforward and
practical advice that helps you view
yourself through a more sympathetic*

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lens. This motivating text covers the key principles of compassion focused therapy, which guide you in caring for your wellbeing, becoming sensitive to your needs, recognising when you are distressed, and extending warmth and understanding

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*to yourself. This transformative
Guide To Developing Your
resource provides you with metrics
Compassionate Self.*

*that you can use to monitor your
progress, including sensitivity,
sympathy, empathy, and overall
wellbeing. Initially developed to assist
people experiencing high levels of*

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*shame and self-criticism, compassion
focused therapy increases your
awareness of the automatic reactions
that you experience—and motivates
you to combat negative reactions with
kindness and affection. Used on its
own or in combination with other*

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*therapeutic approaches, the value of
compassion focused therapy is
supported by strong*

neuropsychological evidence.

*Understand how to handle difficult
emotions with greater ease—and less
stress Transform difficult, potentially*

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*damaging relationships into positive
aspects of your life Encourage and*

motivate yourself to continually meet

your goals, rather than criticise

yourself for perceived failures Stop

being so hard on yourself, and

appreciate yourself for who you are

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*Compassion Focused Therapy For
Dummies is a wonderful resource if
you are seeing—or thinking about
seeing—a therapist who utilises
compassion techniques, or if you
would like to leverage the principles
of compassion focused therapy to*

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manage your own wellbeing.

We know what it's like to worry from time to time, but for some of us, our worrying can take over and have a serious impact on our lives. When our anxiety gets out of hand and starts to dominate our lives, affecting how we

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function and our general sense of wellbeing, it's time to do something about it. This accessible self-help

guide provides the reader with a clear understanding of how problem anxiety develops, the kinds of problems it's causing them and sets

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*out ground-breaking Compassion
Focused Therapy (CFT) techniques to
overcome their anxiety . CFT was
initially developed by Professor Paul
Gilbert OBE, author of the bestselling
The Compassionate Mind which set
out his ground-breaking approach, to*

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*treat those with high levels of shame
and self-criticism. It uses the proven,
research-based techniques of CBT
and other therapies with a special
focus on the importance of
developing inner compassion, in order
to alleviate feelings of shame,*

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*develop a more balanced outlook and
promote resilience. It incorporates
elements of mindfulness and Tibetan
Buddhism with recent research on
human development and studies of
the brain. It is increasingly used to
treat a wide range of emotional and*

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*psychological problems including
depression, overeating, shyness,
trauma, anxiety and anger.*

*The Compassionate-Mind Guide to
Ending Overeating*

The Kindness Workbook

The Shyness Workbook

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*A Sketch of the Principles of
Collective Psychology, with Some*

Attempt to Apply Them to the

*Interpretation of National Life and
Character*

A Self-Practice/Self-Reflection

Workbook for Therapists

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*The Compassionate Mind Approach
to Recovering from Trauma*

*The Compassionate Mind Approach
to Managing Your Anger*

**Kristin Neff, Ph.D., says
that it's time to "stop
beating yourself up and**

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leave insecurity behind.”

Self-Compassion: Stop

Beating Yourself Up and

Leave Insecurity Behind

offers expert advice on

how to limit self-

criticism and offset its

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negative effects, enabling
you to achieve your
highest potential and a
more contented, fulfilled
life. More and more,
psychologists are turning
away from an emphasis on

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self-esteem and moving
toward self-compassion in
the treatment of their
patients—and Dr. Neff's
extraordinary book offers
exercises and action plans
for dealing with every

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emotionally debilitating
struggle, be it parenting,
weight loss, or any of the
numerous trials of
everyday living.

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guide to developing your
compassionate self
Throughout history people
have sought to cope with a
life that is often
stressful and hard. We
have actually known for

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some time that developing
Guide To Developing Your
Compassionate Self
compassion for oneself and
others can help us face up

to and win through the
hardship and find a sense
of inner peace. However in
modern societies we rarely

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focus on this key process
that underpins successful
coping and happiness and
can be quick to dismiss
the impact of modern
living on our minds and
well-being. Instead we

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concentrate on 'doing,
achieving' and having'.

Now, bestselling author
and leading authority on
depression, Professor Paul
Gilbert explains how new
research shows how we can

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all learn to develop
compassion for ourselves
and others and derive the
benefits of this age-old
wisdom. In this ground-
breaking new book he
explores how our minds

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have developed to be highly sensitive and quick to react to perceived threats and how this fast-acting threat-response system can be a source of anxiety, depression and

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aggression. He describes
how studies have also
shown that developing
kindness and compassion
for self and others can
help in calming down the
threat system: as a

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mother's care and love can
soothe a baby's distress,
so we can learn how to
soothe ourselves. Not only
does compassion help to
soothe distressing
emotions, it actually

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increases feelings of contentment and well-being. Here, Professor Gilbert outlines the latest findings about the value of compassion and how it works, and takes

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readers through basic mind
training exercises to
enhance the capacity for,
and use of, compassion.
From Self-Esteem to Self-
Compassion is based on the
groundbreaking new

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compassion-focused therapy
(CFT), developed by
foreword writer Paul
Gilbert. This book helps
readers move beyond
traditional ideas about
self-esteem, and gives

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them the tools needed to
overcome shame, self-
criticism, and self-doubt,
so that they can build
self-confidence and
improve the overall
quality of their lives.If

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someone told you that you have low self-esteem, would it cause you to bristle? For many, the very concept of self-esteem has negative connotations, because it

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calls to mind the
comparisons we make
between ourselves and
others. So how do you
build real self-
confidence? In The Power
of Self-Compassion, you

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will learn that focusing on self-compassion, rather than self-esteem, is actually the best way to build true, lasting self-confidence. For too long self-esteem has been based

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on the idea that if you
achieve certain goals you
are doing okay. This can
lead to comparing yourself
with others as a way to
build confidence. The
skills and behavioral

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techniques outlined in
this book are drawn from
the groundbreaking
compassion-focused therapy
(CFT), which holds that
being compassionate to
yourself—even when things

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are not going well-is
central to building real
self-confidence. With
compassion-focused
therapy, you will adopt an
accepting attitude about
your strengths and

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weaknesses, and a
commitment to change that
doesn't depend on being
overly critical of
yourself or comparing
yourself with others. In
addition, you will learn

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how the concept of self-confidence fits in the context of our evolution, biology, and life experiences. If you are looking to improve your self-confidence, the

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behavioral steps provided
in this book can help you
focus on the areas in your
life that need
improvement, so that you
can build a stronger sense
of self-worth and

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competence.
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The Self-Compassion
Workbook for OCD
CFT Made Simple
A Proven Way to Accept

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Yourself, Build Inner
Strength, and Thrive
The Compassionate Mind
Approach to Building Self-
Confidence
Using Compassion-Focused
Therapy to Enhance Mood,

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Confidence and Bonding
The author of Overcoming
Depression offers an

alternative to the
traditional western view of
compassion, outlining
findings about the value of
compassion and how it works,

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**and taking readers through
basic mind training
exercises to enhance the
capacity for, and use of,
compassion. Original.**

**Although many people who
have survived trauma, abuse,
and violent situations**

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Guide To Developing Your

*understand on a logical
level that the traumatic
events they experienced were
not their fault, shame may
still underlie their
feelings and fuel post-
traumatic stress disorder
(PTSD) and other trauma-*

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related psychological difficulties. For example, women who are victims of domestic abuse are often so paralyzed with the stigma of shame associated with their abuse, they don't seek help. The Compassionate-Mind Guide

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*Workbook A Step By Step
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Compassion to Self*
**to Recovering from Trauma
and PTSD helps readers
reduce the sense of threat
they constantly feel and
develop a fuller
understanding of their
reactions to trauma by
cultivating compassion for**

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**themselves and others. The
practical exercises based in
compassion-focused therapy
(CFT) that are offered in
this book help readers
gradually confront and
overcome trauma-related
behaviors. This approach**

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**invites readers who have
undergone a traumatic
experience to develop
compassion for themselves
and others, a sense of
safety, and the ability to
self-soothe when difficult
memories or emotions arise.**

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**Written by an international
expert on PTSD treatment,
this book will prove to be
an essential resource for
therapists specializing in
the treatment of trauma and
anyone in the process of
healing from a traumatic**

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experience.

***Compassion Focused Therapy:
Clinical Practice and
Applications offers evidence-
based guidance and extensive
insight into the science
behind compassion focused
therapy. The first section***

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*of the book explores the
evolution and physiological
infrastructures of caring,
and how compassion arises
when humans use their
complex cognitive
competencies to address
suffering deliberately and*

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intentionally. With this framework and basis, the next sections of the book explore CFT applied to groups, specific interventions such as chair work, the importance of applying the principles of

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*the therapy to oneself, the
CFT therapeutic
relationship, and a chapter
offering a systematic review
of the evidence for CFT. The
third section offers a
series of multi-authored
chapters on interventions*

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*for a range of different
mental health problems such
as depression, anxiety,
trauma, and many others.*

*Being the first major
clinical book on compassion
focused therapy, with
leading international*

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**researchers and clinicians
addressing central problems,
this landmark publication
will appeal to
psychotherapists from a
variety of schools as well
as being a vital resource
for compassion focused**

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therapists.

*Presents the principles of
emotion-focused therapy
which treats the symptoms of
post traumatic stress
disorder, describing how a
strategy of compassion and
self-help techniques can be*

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*used to create a personal
sense of security and well-
being.*

*The Compassionate Mind
Workbook*

Mindful Compassion

Living Like Crazy

A Clinician's Guide to

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**Practicing Compassion-
Focused Therapy
Using Compassion-Focused
Therapy to Overcome
Flashbacks, Shame, Guilt,
and Fear
Compassion
Compassion Focused Therapy**

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Are you ready to transform your mind and emotions? To cultivate compassion, stability, self-confidence, and well-being? If so, get

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ready to change the way
you experience your life
with this highly-

anticipated approach
using mindfulness and
compassion. Therapists
have long been aware of

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mindfulness as a
powerful attention skill
that can help us live
with greater clarity and
awareness—but
mindfulness alone is not
enough to completely

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change the way a brain
works. In order to fully
thrive, we require
motivation. Compassion,
like anger or
aggression, is an
extremely powerful

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motivational force that
can bring about real,
lasting change. Written
by the founder of
compassion-focused
therapy (CFT), Paul
Gilbert and former

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Buddhist monk, Choden,
Mindful Compassion is a
unique blending of
evolutionary and
Buddhist psychology. In
this breakthrough book,
you'll learn how

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traditional mindfulness
Guide To Developing Your
and compassion can work
Compassionate Self
in harmony to offer a
new, effective, and
practical approach to
overcoming everyday
emotional and

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psychological problems.
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If you are ready to end
Compassionate Self
toxic self-criticism,
heal trauma and shame,
feel worthy and
loveable, and be kinder
to yourself and others,

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this book can show you
the way.

A compassionate guide to
help you manage OCD
symptoms, overcome
feelings of shame and
stigma, and revitalize

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your life! If you're one
of millions who suffer
from obsessive-
compulsive disorder
(OCD), you're all-too-
familiar with feelings
of anxiety, panic,

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shame, and uncertainty.
In addition, the stigma
associated with OCD can
make you feel unworthy
of receiving the
compassion and kindness
you need and deserve.

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You may even experience
unwanted intrusive
thoughts that result in
harsh self-
judgment—which can
actually hinder your
recovery and lead to

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additional mental health
Guide To Developing Your
problems. So, how can
Compassionate Self
you break this
destructive cycle and
start feeling better?
The Self-Compassion
Workbook for OCD

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outlines a step-by-step
program to help you
understand the emotional
experience of OCD, and
develop the tools you
need to manage your
disorder and build a

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better life. Drawing on
a powerful combination
of cognitive behavioral
therapy (CBT), exposure
and response prevention
(ERP), and compassion-
focused therapy (CFT),

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this breakthrough guide
will teach you how to
balance intense
emotions, lean into your
fear, and focus on
recovery. Over time,
you'll learn to replace

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self-judgment with
kindness and self-
compassion, so you can
stop suffering and start
thriving. Living with
OCD can be extremely
challenging, but it

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doesn't have to rob you
of your self-worth. You
are so much more than
your disorder! Let this
book be your guide to
discovering, supporting,
and loving the best you

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that you can be.
Self-compassion is a
powerful inner resource.
More than a thousand
research studies show
the benefits of being a
supportive friend to

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yourself, especially in
times of need. This
science-based workbook
offers a step-by-step
approach to breaking
free of harsh self-
judgments and impossible

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standards in order to
cultivate emotional well-
being. In a convenient
large-size format, this
is the first self-help
resource based on the
authors' groundbreaking

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8-week Mindful Self-
Compassion program,
which has helped tens of
thousands of people
around the globe. Every
chapter includes guided
meditations (with audio

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downloads); informal
practices to do anytime,
anywhere; exercises;
vivid examples of people
using the techniques to
address different types
of challenges

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(relationship stress,
weight and body image
issues, health concerns,
anxiety, and more); and
empathic reflection
questions. Working
through the book,

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readers build essential
skills for personal
growth based on self-
care--not self-
criticism. See also The
Mindful Path to Self-
Compassion, by

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Christopher Germer,
Guide To Developing Your
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which delves into
mindful self-compassion
and shares moving
stories of how it can
change lives.

Acceptance and

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commitment therapy (ACT)
is proven effective in
the treatment of an
array of disorders,
including addiction,
depression, anxiety,
self-harm, eating

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disorders, and more.
Evidence shows that
mindfulness and
acceptance exercises
help clients connect
with the moment, uncover
their true values, and

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commit to positive
change. But did you know
that compassion focused
exercises can also
greatly increase
clients' psychological
flexibility? More and

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more, therapists are finding that the act of compassion—both towards oneself and towards others—can lead to greater emotional and physical well-being,

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increased distress
tolerance, and a broader
range of effective
responses to stressful
situations. One of the
best advantages of
compassion focused

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methods is how easily
they can be integrated
into an ACT approach. An
important addition to
any ACT professional's
library, The ACT
Practitioner's Guide to

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the Science of
Guide To Developing Your
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Compassion explores the
emotionally healing
benefits of compassion
focused practices when
applied to traditional
acceptance and

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commitment therapy
(ACT). This book offers
case conceptualization,
assessments, and direct
clinical applications
that integrate ACT,
functional analytic

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psychotherapy, and
compassion focused
therapy to enhance your
clinical practice. This
is the first book on the
market to provide an in-
depth discussion of

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compassion in the
context of ACT and other
behavioral sciences. The
integrative treatment
model in this book
provides powerful
transdiagnostic tools

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and processes that will essentially build bridges across therapies. If you are ready for a new, easily integrated range of techniques that can be

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used for a variety of
treatment applications,
this guide will prove
highly useful. And if
you are looking to build
on your previous
experience with

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cognitive and behavioral
therapies, this book
will help to enhance
your treatment sessions
with clients and
increase their
psychological

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Approach to Difficult
Emotions
Self-Love Workbook for
Women: Release Self-
Doubt, Build Self-

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Who You Are
An Interactive Guide for
Creating Compassion in
Yourself and the World
The Self-Compassion
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Therapy to Overcome
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Bingeing and Disordered
Eating
The Compassionate Mind
Approach to Beating
Overeating

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Tools for Fostering
Psychological
Flexibility

You know the cycle: you have a stressful day and find yourself snacking or overeating at dinner to make yourself feel better. The ritual

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of eating becomes so calming, you can't stop-and the guilt and self-criticism you feel can lead you to overeat even more the next day. What you may not know is that simply replacing your negative feelings with compassion for

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yourself can interrupt this cycle so
that you can meet your emotional
needs without resorting to

overeating. The Compassionate-
Mind Guide to Ending Overeating
presents an evidence-based
program designed to help you grow

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a deep and abiding love for your body and health that transcends your emotional connection with food. As you work through the worksheets and evaluations in this book, you'll discover the specific reasons for your overeating, find

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out which foods trigger you to overeat, and then develop satisfying meal plans for getting your eating back on track. You'll also build compassionate-mind skills for dealing with stress, self-criticism, and shame, and establish

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a balanced eating pattern that will
free you from the overeating cycle.

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For the first time ever, CFT Made
Simple offers easy-to-apply tools to
help clients develop self-
compassion, learn mindfulness
skills, and balance difficult emotions

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for greater treatment outcomes.

Created by world-renowned

psychologist Paul Gilbert,

compassion-focused therapy (CFT)

is extremely effective in helping

clients work through painful feelings

of shame and self-criticism.

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However, the theoretical aspects of this therapy—such as evolutionary psychology, attachment theory, and affective neuroscience—can make CFT difficult to grasp. This book provides everything you need to start implementing CFT in practice,

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either as a primary therapy modality
or as an adjunctive approach to

other therapies, such as

acceptance and commitment

therapy (ACT), cognitive behavioral

therapy (CBT), and more. CFT has

unique strengths, and is especially

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effective in helping clients work through troubling thoughts and behaviors, approach themselves and others with greater compassion and kindness, and feel safer and more confident in their ability to handle life ' s challenges and

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difficulties. This book articulates the theoretical basis of the therapy in simple, easy-to-follow language, and offers practical guidance and strategies on how to tailor your CFT approach to specific client populations. As a clinician

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interested in the benefits of CFT but wary of the dense theoretical

principles that lay behind it, you

need a user-friendly guide that will

let you hit the ground running. CFT

Made Simple is that guide.

Growing up is a juggling act. Our

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bodies and hormones change, usually at the same time as important decisions about our future need to be made. We often put extra pressure on ourselves, compare ourselves unfavourably to others and excessively worry about

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what other people think. Add in exams, interviews, relationships, social media, peer pressure, celebrity culture and everyday stressors, and it's no wonder our wellbeing can take a nosedive. The Kindness Workbook is a modern-

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day guide to help people navigate
such complex times and combines
amazing ideas and practices from a
variety of therapies including:
Acceptance and Commitment
Therapy, Cognitive Behavioural
Therapy, Compassion Focused

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Therapy, Counselling and
Expressive Therapy. Using creative
exercises, examples and prompts,
The Kindness Workbook teaches
the skills of problem-solving using
guided imagery, mindfulness, mind
maps, vision boards, letter-writing,

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music, physical activity, drama and art. It has a number of icons to help signpost different sections and has eye-catching illustrations and worksheets, all of which aim to give your wellbeing a boost. A must-have book for young people and

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anyone working with young people
to enhance wellbeing. Your
kindness journey starts right here.
So, it's time to become your own
best friend, instead of your own
worst enemy.

We can all get angry from time to

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time but when it gets out of hand it can have a serious impact on many aspects of our lives. As well as having an impact on our physical and mental health and our ability to engage in healthy relationships, it can also potentially have an

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enormous impact on society. The media is rife with stories of domestic violence, tragic stories of shaken babies, road-rage incidents and bullying. Mounting evidence suggests that all this anger can be harmful to us in a number of

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different ways. As well as the enormously damaging impact chronic anger can have on our relationships with other people, it is being linked to health problems such as cardiovascular disease and irritable bowel syndrome (IBS) and

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mental illnesses such as depression and post-traumatic stress disorder (PTSD). This invaluable self-help guide will enable the reader to recognise their personal anger problems, gain an understanding of what lies behind

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their anger, and use techniques based on Compassion Focused Therapy (CFT) to deal with their anger more effectively. CFT was initially developed by Professor Paul Gilbert, author of The Compassionate Mind, to treat those

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with high levels of self-criticism. It uses the proven, research-based techniques of CBT and other therapies with a special focus on the importance of developing inner compassion, in order to alleviate feelings of shame, develop a more

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balanced outlook and promote
resilience. It incorporates elements
of mindfulness and Tibetan

Buddhism with recent research on
human development and studies of
the brain. It is increasingly used to
treat a wide range of emotional and

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psychological problems including
depression, overeating, shyness,
trauma, anxiety and anger.

Distinctive Features

Lean into Your Fear, Manage
Difficult Emotions, and Focus On
Recovery

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The Group Mind
A New Approach to Life's
Challenges

The Compassionate Mind
Approach to Overcoming Anxiety
A Clinician ' s Guide
The ACT Practitioner's Guide to the

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Science of Compassion

For therapists wishing to build their skills in compassion-focused therapy (CFT), this powerful workbook presents a unique evidence-based training approach. Self-practice/self-

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reflection (SP/SR) enables therapists to apply CFT techniques to themselves and reflect on the experience as they work through 34 brief, carefully crafted modules. The authors are master trainers who

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elucidate the multiple layers of CFT, which integrates cognitive-behavioral therapy, evolutionary science, mindfulness, and other approaches. Three extended therapist examples serve as

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companions throughout the
SP/SR journey. In a large-size
format for easy photocopying,
the volume includes 24
reproducible forms. Purchasers
get access to a Web page where
they can download and print

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most of the reproducible materials.

Paul Gilbert brings together an international line-up of leading scholars and researchers in the field to provide a state-of-the-art exploration of key areas in

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compassion research and
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applications. Compassion can
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be seen as a core element of
prosocial behaviour, and
explorations of the concepts
and value of compassion have
been extended into different

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aspects of life including physical
and psychological therapies,
schools, leadership and

business. While many animals
share abilities to be distress
sensitive and caring of others, it
is our newly evolved socially

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intelligent abilities that make us
capable of knowingly and
deliberately helping others and
purposely developing skills and
wisdom to do so. This book
generates many research
questions whilst exploring the

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similarity and differences of human compassion to non-human caring and looks at how compassion changes the brain and body, affects genetic expression, manifests at a young age and is then

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cultivated (or not) by the social environment. Compassion: Concepts, Research and Applications will be essential reading for professionals, researchers and scholars interested in compassion and its

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applications in psychology and
psychotherapy.

There is good and increasing
evidence that cultivating
compassion for one's self and
others can have a profound
impact on our physiological,

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psychological and social processes. In contrast, concerns with inferiority, shame and self-criticism can have very negative impacts on these processes and are associated with poorer physical and mental health. The

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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

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engage with, understand and ultimately, try to alleviate suffering. CFT utilises both Buddhist practices and Western psychological science. It draws on neuroscience, insights into emotion regulation and identity

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formation, interpersonal
psychology and a range of
psychotherapeutic models. CFT-
based interventions can help
people with a range of mental
health problems develop
compassion for themselves, be

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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

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compassionate mind, and ways
to work with whatever
difficulties you're struggling
with in life. The exercises,
prompts and case stories in this
book provide an
understandable and practical

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way to develop compassion.

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"In this beautifully written book, esteemed clinical psychologist and therapist Stan Steindl takes us on a personal journey into the ups and downs of what it is to be human and

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reveals both the challenges and
the joys of building one 's
compassionate mind. ” —

Professor Paul Gilbert OBE,
Founder of Compassion Focused
Therapy and bestselling author
Life can be complicated. And

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sometimes, really very difficult.

We may struggle with many

common life challenges: in

relationships, parenting, and

work, just to name a few. We

can end up suffering from stress,

anxiety, and depression, or

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loneliness, isolation or shame.

But did you know that a lot of

that suffering comes from

within? Rumination and self-
criticism are uniquely human

thought processes, developed
over hundreds of thousands of

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years. Our brains evolved into an impressive and complex organ that helped us to survive a primitive world, and yet today may yell at us with harsh and hostile criticism, sometimes even over the smallest thing! In

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fact, critical self-talk is very common. And it flies just under the radar of our conscious mind — condemning and undermining us with its inner voice. This book will show you how to do better — to turn

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anguish into delight through
the use of our Compassionate
Self. Through a clear series of
steps and practices, noted
clinical psychologist Dr Stan
Steindl explains how
compassion evolved as a vital

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part of our nature and thought,
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and the way we look after one
another, and even ourselves. He
then shows how to use our
compassion as a key to a
healthier mental life. With
personal vignettes illustrating

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the therapeutic benefits of
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practical exercises that use
mindfulness and imagery to
help us develop attention to the
present moment, and a wealth
of guidance on self-criticism,

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shame and forgiveness, this
book can change your life.

The Gifts of Compassion

The Power of Self-Compassion

Series editor, Paul Gilbert

The Self-Compassion Skills

Workbook: A 14-Day Plan to

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Transform Your Relationship
Guide To Developing Your
with Yourself
Compassionate Self
Self Compassion
Clinical Practice and
Applications
A step-by-step guide to
developing your compassionate

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self

Anxiety is not your fault. There are many factors that contribute to developing a mind that is prone to intense anxiety, and if you have such a mind, there are many things you can do to change the way it

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works. Research has shown that practicing kindness and compassion soothes experiences of fear, while self-critical thoughts tend to intensify them. If you become frustrated with your anxious reactions or consistently try to talk

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yourself out of your anxiety, it may be time to try a different approach. The compassion-focused therapy (CFT) based program in The Compassionate-Mind Guide to Overcoming Anxiety will help you learn to be kinder to yourself while

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you soothe your anxious impulses.
Complete with worksheets,
exercises, and meditation practices,
this book includes everything you
need to learn mindfulness and
compassion-focused skills for
redirecting your anxious thoughts

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and allowing yourself to enjoy a more peaceful life. By learning to be a compassionate witness to your own pain, you will also learn to be fully present in the moment, and develop healthier, more fluid ways of responding to life's struggles.

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This resourceful guide aims to help you understand the nature of your anxiety, the best ways of dealing with it, and how your mind can help you cope with it.

Step by step, learn powerful mindfulness-based techniques to

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feel happier and more alive. Do you struggle with stress or negativity?

Learn how self-compassion can help you find greater health, peace, emotional stability, and joy. Cutting-edge research shows that self-compassion is not only a skill

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anyone can strengthen through
practice but also one of the

strongest predictors of mental

health and wellness. The practices

in this book have been specially

formulated to target and fortify what

neuroscientists call the “care circuit”

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of the brain. Devoting thirty minutes a day for just fourteen days to these simple practices can have life-changing results. Tim Desmond's "Map to Self-Compassion" will engage your mind, heart, and spirit. It will improve your ability to

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motivate yourself with kindness;
regulate and defuse intense
emotions, anxiety, and depression;
be resilient during life's challenges;
let go of self-criticism and
destructive behavior; heal painful
experiences; and be more present

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and compassionate with others.

Experience the benefits firsthand!

Features downloadable audio
recordings for on-the-go practice.

There is nothing wrong with being
shy - it is a natural emotion that
everyone can experience. But if

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shyness is negatively impacting
your life, The Shyness Workbook
Guide To Developing Your
Compassionate Self
can help you grow your confidence.

Shyness has evolved as an
emotion over thousands of years
and can be helpful in some
circumstances. However, it can

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become a problem when it interferes with life goals, develops into social anxiety disorder or leads to 'learned pessimism', mild depression and even 'learned helplessness'. In this way, shyness and shame often hold us back from

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realising our potential and from
engaging with others

wholeheartedly. This practical self-
help workbook sets out the
background to shyness - its
evolutionary functions and why it
becomes chronic in some people -

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and teaches skills and exercises to help you overcome problematic shyness. Using this workbook, readers will learn how to:

- Cope with shy feelings and debunk anxious thoughts
- Develop self-compassion
- Practise new,

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confident behaviours Full of fresh
insights and exercises, The

Shyness Workbook will support
your journey into developing social
self-confidence. THE

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APPROACH The self-help books in

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this series are based on the
Guide To Developing Your
Compassionate Mind Approach
(developed by series editor Paul
Gilbert). This brings together an
understanding of how our mind can
cause us difficulties but also
provides us with a powerful solution

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in the shape of mindfulness and compassion. It teaches ways to stimulate the part of the brain connected with kindness, warmth, compassion and safeness, and to calm the part that makes us feel anxious, angry, sad or depressed.

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Emotions bring purpose, pleasure and meaning to our lives. However, for many people, they are synonymous with distress, pain and suffering. Anger and rage can wreck relationships and cause problems at work; anxiety can

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prevent us from socialising or
engaging in things we would like to;
sadness can feel overwhelming and
never ending. These types of
difficulties are often referred to as
emotion regulation problems, and
can prevent us from developing

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stable and happy relationships, communicating our needs, and flourishing. This practical self-help book based on Compassion Focused Therapy (CFT) will help you to take a new approach to managing difficult emotions. It

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outlines why we experience emotions, how they can be helpful but also how and why we can get in to struggles with them. It outlines the Compassionate Mind model, and guides you through a series of exercises that will help you to

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develop your compassion mind,
and use this to develop more
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strategies, and bring greater
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*Compassion Focused Therapy
Participant Workbook is a
companion book to Compassion
Focused Group Therapy for
University Counseling
Centers, a one-of-a-kind
12-session manual for*

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conducting compassion
focused group therapy on
college campuses. Compassion-
based interventions have
been shown to decrease
symptoms of depression,
anxiety, and psychological
distress in students. This

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*book's 12 sessions
incorporate several aspects
of compassionate living
including defining and
understanding compassion,
mindfulness, shame,
assertiveness, and
forgiveness to help*

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participants act in more
compassionate ways with
themselves and others, lower
feelings of shame and self-
criticism, and engage in
self-reassuring behaviors.
The workbook provides
clients with summaries of

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each session, handouts, and
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needs of the group. This
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participants in a clinician-
led group utilizing
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Therapy for University
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*Manifest kindness within
yourself and kick-start a
positive ripple effect in*

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*the world with this
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more positively and lovingly
towards yourself and
others—even people you don't
know. Leading you through
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how to integrate kindness
into your life and spread it

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*to others. In turn, you can
feel calmer, less stressed,
more compassionate, and
accepting. Your personal,
social, and work
relationships will flourish.
Best of all, your kindness
to others may persuade them*

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to pay it forward, spreading
goodwill and making the
world a more peaceful,
pleasant, and connected
place.

*Your teen years are a time
of change, growth, and—all
too often—psychological*

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struggle. To make matters worse, you are often your own worst critic. The Self-Compassion Workbook for Teens offers valuable tools based in mindfulness and self-compassion to help you overcome self-judgment and

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*self-criticism, cultivate
compassion toward yourself
and others, and embrace who
you really are. As a teen,
you're going through major
changes—both physically and
mentally. These changes can
have a dramatic effect on*

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*how you perceive,
understand, and interpret
the world around you,
leaving you feeling stressed
and anxious. Additionally,
you may also find yourself
comparing yourself to
others—whether its friends,*

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*classmates, or celebrities
and models. And all of this
comparison can leave you
feeling like you just aren't
enough. So, how can you move
past feelings of stress and
insecurity and start living
the life you really want?*

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Written by psychologist
Karen Bluth and based on
practices adapted from
Kristin Neff and Christopher
Germer's Mindful Self-
Compassion program, this
workbook offers fun and
tactile exercises grounded

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in mindfulness and self-compassion to help you cope more effectively with the ongoing challenges of day-to-day life. You'll learn how to be present with difficult emotions, and respond to these emotions with greater

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kindness and self-care. By practicing these activities and meditations, you'll learn specific tools to help you navigate the emotional ups and downs of the teen years with greater ease. Life is imperfect—and so are

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*we. But if you're ready to
move past self-criticism and
self-judgment and embrace
your unique self, this
compassionate guide will
light the way.*

*Research into the beneficial
effect of developing*

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compassion has advanced enormously in the last ten years, with the development of inner compassion being an important therapeutic focus and goal. This book explains how Compassion Focused Therapy (CFT) – a process of

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developing compassion for
the self and others to
increase well-being and aid
recovery – varies from other
forms of Cognitive Behaviour
Therapy. Comprising 30 key
points this book explores
the founding principles of

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CFT and outlines the
detailed aspects of
compassion in the CFT
approach. Divided into two
parts – Theory and
Compassion Practice – this
concise book provides a
clear guide to the

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distinctive characteristics
of CFT. Compassion Focused
Therapy will be a valuable
source for students and
professionals in training as
well as practising
therapists who want to learn
more about the distinctive

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features of CFT.

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Therapy to Calm Worry,
Panic, and Fear
Using Compassion Focused
Therapy
Experiencing Compassion-
Focused Therapy from the

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"On the origin of Mind' is a detailed description of how the mind works. It explains the dynamics from the neuronal level upwards to the scale of group behaviour, society and

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***culture."--Publisher's website.
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psychologist, and founder of
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Prof Paul Gilbert. In this book,
Gilbert draws on a wide range
of areas - including***

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- to explore our potential for
craziness, and how
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