

"Self-compassion is the ground of all emotional healing, and Dr. Germer has produced an invaluable guide. Written with great clarity, psychological wisdom, and warmth, this book will serve anyone seeking practical and powerful tools that free the heart."—Tara Brach, PhD, author of *Radical Acceptance*

the mindful path to self- compassion

*Freeing Yourself
from Destructive Thoughts
and Emotions*

CHRISTOPHER K. GERMER, PhD

The Mindful Path To Self Compassion

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