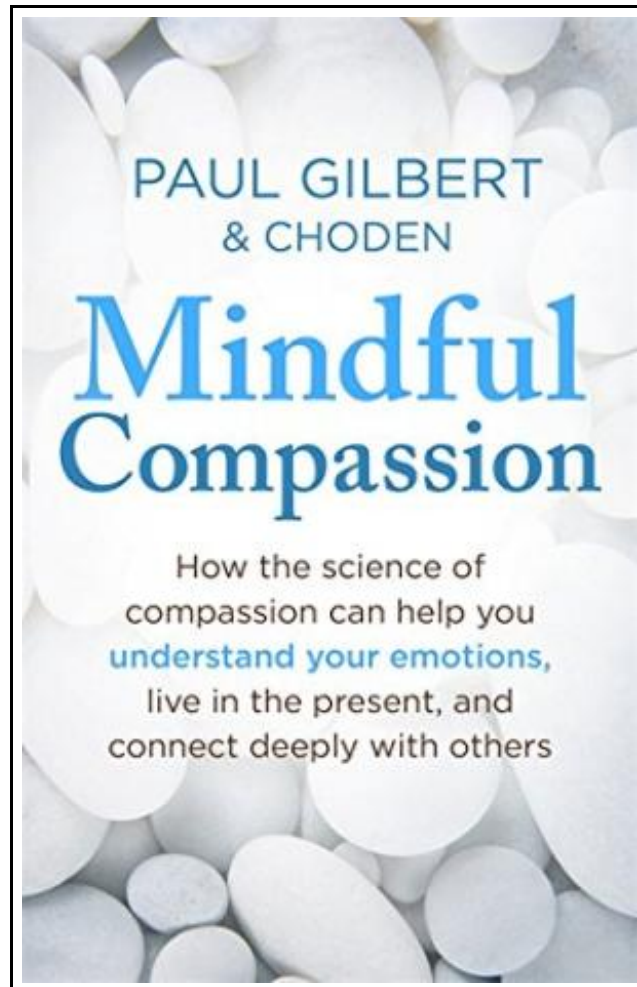


Mindful Compassion: Using the Power of Mindfulness and Compassion to Transform Our Lives



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MINDFUL COMPASSION: USING THE POWER OF MINDFULNESS AND COMPASSION TO TRANSFORM OUR LIVES



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Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Mindful Compassion: Using the Power of Mindfulness and Compassion to Transform Our Lives, Paul Gilbert, Kunzang Choden, Based on the latest work from Professor Paul Gilbert OBE, bestselling author of *The Compassionate Mind*, and Buddhist expert Choden. Professor Gilbert has spent the past twenty years developing a new therapy called Compassion-Focused Therapy (CFT) which has an gained international following. In recent years, mindfulness is being used increasingly to treat common mental health problems such as depression, stress and stress-related insomnia. In this ground-breaking new book, Professor Gilbert, along with his co-author Choden, combines the best of Compassion-Focused Therapy with the most effective mindfulness techniques. The result is an extremely effective approach to overcoming everyday emotional and psychological problems and improving one's sense of wellbeing.

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