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About the Author. He is a founding faculty member of the Institute for Meditation and Psychotherapy and of the Center for Mindfulness and Compassion. His books include The Mindful Self-Compassion Workbook and The Mindful Path to Self-Compassion (for the general public) and Wisdom and Compassion in Psychotherapy and Mindfulness and Psychotherapy,...

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Welcome to The Mindful Path! Discover a New Way of Working. Since 2003, I have been at the forefront of the mindfulness revolution in the workplace and in healthcare. For nearly a decade, I led the development and implementation of numerous wellness and mindfulness initiatives serving Aetna employees, customers, and communities.

## **Chris Germer | Mindful Self- Compassion and Psychotherapy**

The Mindful Path to Self-Compassion: An Interview with Christopher Germer, Ph.D.

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That's a complex question. As the Indian sage Nisargadatta Maharaj said, the single cause of most events is the "universe of causes." From my limited point of view, however, it's the science that's making the difference.

## **A Review of the Mindful Path to Self Compassion**

Mindful Path Behavioral Health & Wellness, Inc. In working from a holistic perspective, she encourages her clients towards all aspects of self-care; nutrition, exercise, personal connections, career fulfillment and satisfaction, and deeply meaningful relationships.

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See also The Mindful Self-Compassion  
Workbook, by Kristin Neff and  
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Chris Germer is a clinical psychologist, meditation practitioner, author, and teacher of mindfulness and compassion in psychotherapy and everyday life. Co-developer of the Mindful Self-Compassion training program.

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## **The Mindful Path to Self-Compassion | Chris Germer**

In The Mindful Path to Self Compassion, Christopher K. Germer, PhD., states that 2/3 of people without chronic back pain display the same structural dysfunction as those experiencing pain. In another study, job satisfaction was found to be a predictor of developing low back pain.

## **Self-Compassion Resources | Kristin Neff**

The Mindful Path to Self-Compassion is a wise guide to powerful skills for alleviating suffering, emotional healing and nurturing wellbeing, and makes an important contribution to the growing field of compassion in modern psychology.

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