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## MINDFUL COMPASSION



Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. This ground-breaking new book 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 well being. Based on the latest work from Professor Paul Gilbert OBE, best-selling author of The Compassionate Mind, and Buddhist expert Choden. Professor...

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- Authored by Paul Gilbert
- Released at 2016



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