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A PROVEN WAY
TO ACCEPT YOURSELF,
BUILD INNER STRENGTH,
AND THRIVE

A photograph of a wooden boardwalk with railings, leading towards a beach at sunset. The boardwalk is made of wooden planks and has wooden railings on both sides. The path leads towards a beach with green grass and a blue sky. The sun is setting on the left side of the image, creating a warm orange glow. The water is visible in the distance.

Kristin Neff, PhD | Christopher Germer, PhD

The Mindful Path To Self Compassion

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