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The Mindful Self-Compassion Workbook

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

A photograph of a wooden boardwalk with railings, leading towards the ocean at sunset. The sky is a mix of orange and blue, and the water is visible in the distance. The boardwalk is made of wooden planks and has wooden railings on both sides.

Kristin Neff, PhD | Christopher Germer, PhD

The Mindful Path To Self Compassion

Steven Frank



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