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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 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 with a warm sunset glow. The sun is low on the horizon, casting long shadows on the boardwalk.

Kristin Neff, PhD | Christopher Germer, PhD

The Mindful Path To Self Compassion

SA Adler



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