"From the first page of this book it is clear that Erik and Frits have a burning desire to help people ease the pain in their hearts and minds with their MBCL course. Building on the wonderful work of their first book ‘Mindfulness-Based Compassionate Living’, they have now produced a volume where accessibility is paramount, with the eight-week course clearly laid out to make it easy for the reader to follow and get the most out of their excellent, kind, heart-felt work. They have a gift for synthesising vitally important ideas into an easy-to-follow programme that anyone can access and benefit from. Highly recommended."

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A Practical Guide to Mindfulness-Based Compassionate Living: Living with Heart is a step-by-step guide for those who wish to deepen their mindfulness skills with compassion for a healthier, happier life and more fulfilling relationships. It offers a clear structure as well as ample freedom to adjust to individual needs, starting with learning to be kind to yourself and then expanding this to learn how to be kind to others. This guide consists of eight chapters that follow the eight sessions of the mindfulness-based compassionate living training programme. To enhance the learning experience, this book features accessible transcripts and downloadable audio exercises, as well as worksheets to explore experiences during exercises. It also includes suggestions for deepening practice at the end of each session.

A Practical Guide to Mindfulness-Based Compassionate Living explores the science of compassion in an easy-to-understand and comprehensive manner, one which will appeal to both trained professionals and clients, or anyone wishing to deepen their mindfulness practice with ‘heartfulness’.

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