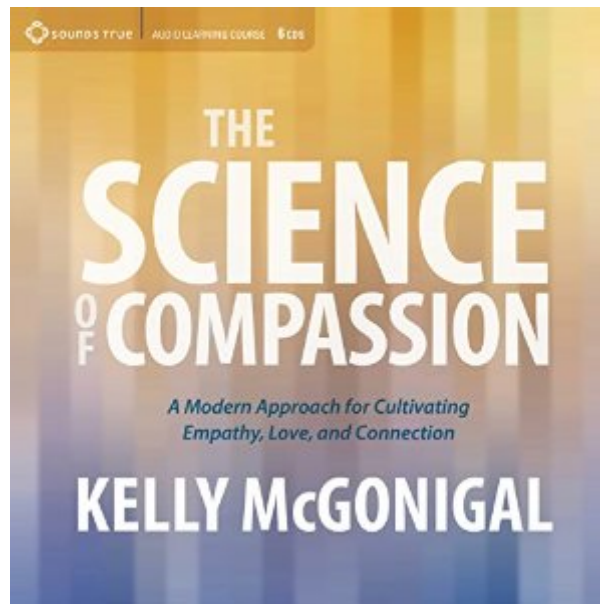


The book was found

The Science Of Compassion: A Modern Approach For Cultivating Empathy, Love, And Connection



Synopsis

Breakthrough science and practical tools for cultivating compassion. Why is compassion so powerful? Like many forms of spirituality and meditation, compassion practice has been shown by research to enhance your health, psychological well-being, relationships, and sense of purpose. "The unique quality of compassion," teaches Dr. Kelly McGonigal, "is that its benefits extend to the one who offers it, the one who receives it, and all those who witness compassion in action." With *The Science of Compassion*, this acclaimed researcher presents a practical workshop to help you understand what makes compassion work - and how you can cultivate it in your life. *The Power of Choosing Compassion* Compassion can be a difficult choice to make - after all, why would we deliberately choose to add another person's pain to our own? "Not only does our compassion ease the suffering of others," teaches Dr. McGonigal, "Our brain, heart, and entire physiology are tuned to support us when we make the courageous decision to be compassionate." In this seven-hour training intensive, she provides invaluable tools and guidance for overcoming emotional fatigue, empathic distress, self-judgment, and other obstacles that can keep us closed down and afraid to reach out. "Compassion is an embodied state that prepares us to take positive action," says Dr. McGonigal. Here is an audio course filled with cutting-edge science, inspirational stories, and research-based practices to help you build your capacity for generosity, empathy, and kindness - and become a compassionate force in the world.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 45 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: September 1, 2016

Language: English

ASIN: B01KTXQFO2

Best Sellers Rank: #105 in Books > Medical Books > Psychology > Neuropsychology #136 in Books > Health, Fitness & Dieting > Psychology & Counseling > Neuropsychology #334 in Books > Self-Help > Spiritual

[Download to continue reading...](#)

The Science of Compassion: A Modern Approach for Cultivating Empathy, Love, and Connection

Cultivating Empathy: The Worth and Dignity of Every Person-Without Exception Librarian's Guide to Online Searching: Cultivating Database Skills for Research and Instruction, 4th Edition: Cultivating Database Skills for Research and Instruction Cultivating Compassion: Simple Everyday Practices for Discovering Peace of Mind and Resilience Impossible Compassion: Utilizing Directed Compassion to Cure Disease, Save the Environment, Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) Irritable Bowel Syndrome & the MindBodySpirit Connection: 7 Steps for Living a Healthy Life with a Functional Bowel Disorder, Crohn's Disease, or Colitis (Mind-Body-Spirit Connection Series.) Mirroring People: The Science of Empathy and How We Connect with Others The Science of Evil: On Empathy and the Origins of Cruelty Sticks and Stones: Defeating the Culture of Bullying and Rediscovering the Power of Character and Empathy The Emotional Lives of Animals: A Leading Scientist Explores Animal Joy, Sorrow, and Empathy - and Why They Matter Angel Messages: Breathe And Lift In Angelic Love, Light And Compassion Empathy in Psychotherapy: How Therapists and Clients Understand Each Other Clinical Empathy Auras: Clairvoyance & Psychic Development: Energy Fields & Reading People (Mind Reading, Fortune Telling, Spirit Guides, Energy Work, Mediumship, Tarot, Empathy) Compassion without Compromise: How the Gospel Frees Us to Love Our Gay Friends Without Losing the Truth Childhood Illness and the Allergy Connection: A Nutritional Approach to Overcoming and Preventing Childhood Illness #Love: #Love is Book #1 in the Adult Book Series Celebrating Love and Friendship (#Love, #Pretty, #Beautiful, #Beauty, #Me) (#Coloring #Book Series of Adult Coloring Books) Keep Your Love On: Connection Communication And Boundaries

[Dmca](#)