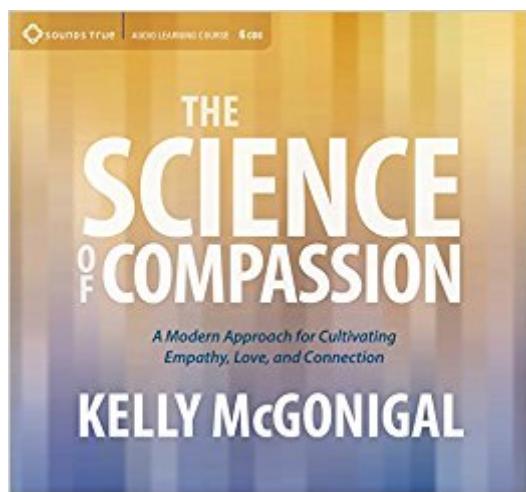


The book was found

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.

HIGHLIGHTS

- The Biology of Compassion empowering findings from the latest compassion research
- The Upward Spiral of Compassion the power of witnessing and sharing stories of kindness
- The Unique Challenge of Self-Compassion three keys for offering loving support to ourselves
- Compassionate Presence when simply being with another without trying to change anything is the best choice
- Empathic Distress how to keep from being overwhelmed by another's suffering
- Receiving Compassion guidance for allowing help to come when we need it
- Difficult Compassion practices for broadening your ability to offer forgiveness and generosity towards those who cause you pain
- Healing with Compassion the positive effects of compassion on stress, loneliness, and social anxiety
- Beyond the Self how we can connect to a source of compassion that surpasses our normal human limits
- Sustaining Openheartedness how to overcome the common challenges of compassion fatigue and compassion collapse
- Meditation and Mindfulness potent tools for cultivating compassion, including guided practices

Eleven sessions of breakthrough research, heart-opening stories, and transformative practices from renowned health psychologist Dr. Kelly McGonigal

Book Information

Audio CD

Publisher: Sounds True; Unabridged edition (September 1, 2016)

Language: English

ISBN-10: 1622037790

ISBN-13: 978-1622037797

Product Dimensions: 6.8 x 1 x 6.5 inches

Shipping Weight: 9.9 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 4 customer reviews

Best Sellers Rank: #794,015 in Books (See Top 100 in Books) #181 in Books > Books on CD >

Health, Mind & Body > Meditation #186 in Books > Books on CD > Health, Mind & Body >

Relaxation & Meditation #742 in Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

Kelly McGonigal Kelly McGonigal, PhD, is a health psychologist and award-winning lecturer at Stanford University. A leading expert on the mind-body relationship, her work integrates the latest findings of psychology, neuroscience, and medicine with contemplative practices of mindfulness and compassion from the traditions of Buddhism and yoga. She is the author of *The Willpower Instinct* and *Yoga for Pain Relief*.

I have been reading and meditating focusing on compassion and kindness since 1990. I have witnessed how neuroscience is changing our perceptions about developing compassion and kindness. Kelly is keenly aware of how research studies concerning self-compassion and empathy affect our overall wellness. Her CD series, *The Science of Compassion*, gives me hope of a world united by greater understanding and care for ourselves and one another.

Love this book. Helping me to be a better therapist!

Excellent series.

Kelly McGonigal is probably one of the few authors, lecturers, professors, Ph. D. and etc (wouldnt be surprised if summa cum laude and others were added to labels indicating her level of academia); that actually has done extensive research on what I would call, the two most major and direct causes of well being as individuals and as communities: Will power and Compassion. It was in this

audible where i found how and what makes this author so distinctive. It's simple, she fuels her passion with science, researching, learning and understanding which at the same time is align with a greater purpose, in a genuine way, living in service of others. I thought to myself; what most credible scientist than such? I don't know the author nor am I getting paid to write this review, in fact very few times have been those in which I even wrote one on . However, today after listening to this audible coming to work, I thought I should express my gratitude. We as human beings are like sculptures.... always being shaped, molded, adapted and in constant change. The only thing is that there is no such thing as a finished sculpture, the symbol itself is illusive. Although there is a real sculptor, with a real chisel, the ability to adapt and give perspective. The two biggest sides, will power and compassion, which have been studied not through the Buddhist tradition only, have many derivatives and integrals; From emotions and rational thinking to purpose and awareness. One side is currently unevenly praised and recognized, will power and rational thinking, while its complementary side is currently ignored. From this concept derive many social and economical hindrances that we suffer nowadays; all the way from gender inequality, the misleading american dream, the embellishment of individualism, to management concepts that are nothing but fallacies that only keep affecting industries and society in a negative way. When I read the will power instinct, throughout the whole series of interesting and provoking ideas, one stuck with me; the moral licensing of tomorrow being the day in which i wont smoke, or over eat, or do something I have been wanting to do an not procrastinate. It made me aware through critical thinking about the many illusions our rational mind can give us in order to satisfy impulses that have 0 logic and are rather animal and a product of habits that have built momentum through the years of even evolutionary. This current audio-book should be also written. This is the missing arm to "the will power instinct". And also the missing link between US as human beings and US as a collective soul. Science with its trials and scientific processes should indeed hold hands with its complementing discipline; compassion, contemplation, love, serenity, joy and the many conceptual words that will help describe this entity; which promotes to inclusion and not exclusion! I give this book, this author, this family (her sister's books are also amazing and very well researched), 5 stars and my indefinite gratitude and encourage them both to keep bringing up their best; the "nowadays" needs more of these specialized knowledge more than ever.

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

The Science of Compassion: A Modern Approach for Cultivating Empathy, Love, and Connection
EMPATHY: I Am An Empath. Empaths Survival Guide: For Empathic and Highly Sensitive People.
Discover Your Empathy Traits! (The Art of Growth Book 3) Cultivating Empathy: The Worth and

Dignity of Every Person--Without Exception Free Hugs: Empathy, Connection and Transformation Through Hugging Comfortable with Uncertainty: 108 Teachings on Cultivating Fearlessness and Compassion Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death Impossible Compassion: Use The Compassion Key to Un-Create Disease, Save the Environment, Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else Impossible Compassion: Using The Compassion Key to Un-Create Disease, Save the Environment, Transform Relationshipsâ | and Do All Sorts of Other Good Things for Ourselves and Everyone Else The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) A New Garden Ethic: Cultivating Defiant Compassion for an Uncertain Future The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion (Shambhala Classics) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion, and Connection The Yeast Connection and Women's Health (The Yeast Connection Series) The Yeast Connection Handbook: How Yeasts Can Make You Feel "Sick All Over" and the Steps You Need to Take to Regain Your Health (The Yeast Connection Series) The Yeast Connection Cookbook: A Guide to Good Nutrition, Better Health and Weight Management (The Yeast Connection Series) The Yeast Connection Cookbook: A Guide to Good Nutrition and Better Health The Yeast Connection Coo Tired--So Tired! and the Yeast Connection (The Yeast Connection Series) Adrenal Thyroid Connection Cookbook: 50 Natural Treatment Protocol Meals-Break The Connection Between Thyroid And Adrenal Problems(Adrenal Thyroid Revolution) 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.)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)