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About The Author. He Is A Founding Faculty Member Of The Institute For Meditation And Psychotherapy And Of The Center For Mindfulness And Compassion. His Books Include The Mindful Self-Compassion Workbook And The Mindful Path To Self-Compassion (for The General Public) And Wisdom And Compassion In Psychotherapy And Mindfulness And Psychotherapy,... Feb 19th, 2019

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