



Mindful Compassion for Everyday Life

By Caroline Latham

SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Mindful Compassion for Everyday Life, Caroline Latham, Compassion can be viewed as the foundation for emotional healing, and can be used when we're struggling with feelings of inadequacy, despair, confusion, and other forms of stress. Mindful compassion means responding with kindness and understanding to all circumstances. Mindfulness means holding difficult emotions, such as fear, anger, sadness, shame and self-doubt, without judgment or the obligation to act upon them. Compassion involves using negative emotions as fodder for transformation. Topics include: the blocks we all indulge, such as fear of change destructive emotions and thought patterns why we may become addicted to negative thinking solutions and practices calling on your inner power and intuition how to meditate visualisation exercises losing shame and guilt - self-forgiveness transforming words - 'I should' into 'I choose' compassionate motivation and power resolving family traumas.

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