



Mindful Emotion: A Short Course in Kindness

Paramabandhu Groves , Jed Shamel

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This book is all about kindness behaviour training. The authors have drawn on their clinical experience as well as Buddhism to develop a practical course in cultivating kindness, intended to complement and augment other mindfulness-based approaches. Amid the recent explosion of secular mindfulness, their aim is to reemphasize the importance of the heart, introducing the reader to a variety of ways of approaching kindness-based meditation, as well as to how to put kindness into practice in daily life.

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