

Download Make Peace With Your Mind How Mindfulness And Compassion Can Free You From Your Inner Critic

Check out these books from the Greater Good Science Center, as well as other noteworthy titles on subjects explored by the GGSC. Mark Coleman is a mindfulness meditation teacher, nature guide, and author of *Make Peace with Your Mind* and *Awake in the Wild*. Hi Birgit, I am so thankful I found your article. I am going through a breakup, realizing that I was a huge cause of it. I thought overly giving and explosive asking for reciprocity was the best way for my partner to give back—but realized that all stemmed from me not being non social and not self compassionate. Tara Brach is a leading Western teacher of Buddhist meditation, emotional healing and spiritual awakening. She has practiced and taught meditation for over 35 years, with an emphasis on mindfulness meditation. Tara is the senior teacher and founder of the Insight Meditation Community of Washington ... - *Make Peace With Your Mind How Mindfulness And Compassion Can Free You From Your Inner Critic*