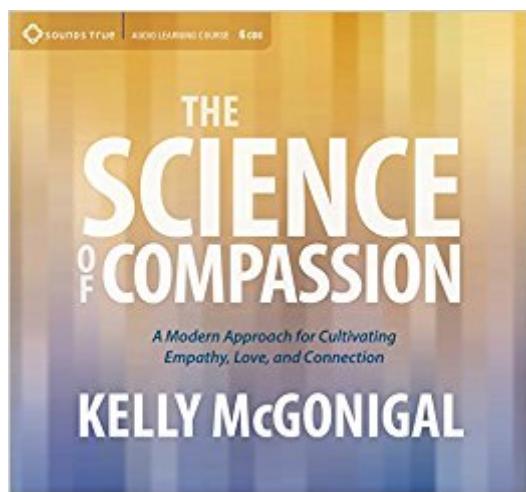


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The Science Of Compassion: A Modern Approach For Cultivating Empathy, Love, And Connection



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
- The Upward Spiral of Compassion
- 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

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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 and 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.

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