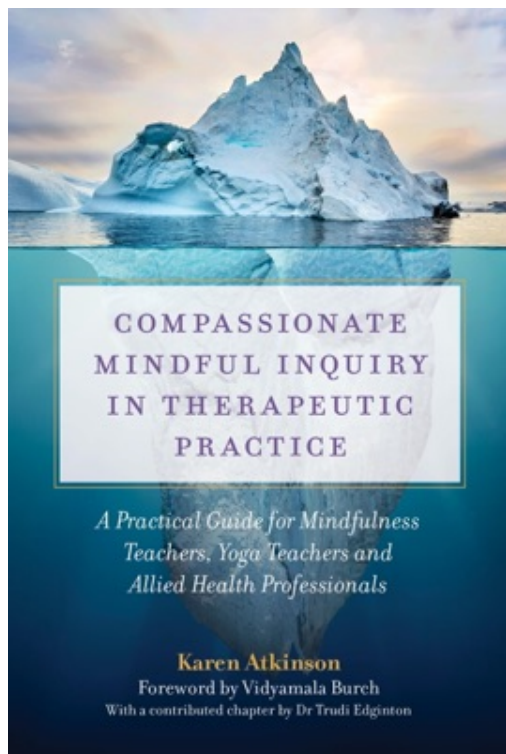


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Practical and informative, this hands-on manual clearly depicts the relationship between mindfulness and compassion, demonstrating how one supports the other. The book offers a fresh perspective on mindfulness that resonates with a human approach and helps practitioners to validate their work by giving a sense of grounding and direction, and providing a safe, appropriate and transformative process in which to conduct inquiry.

Including chapters on the meaning of Compassionate Mindful Inquiry and the Model of Inquiry, Atkinson facilitates transformational change and offers guidance for those incorporating mindfulness teaching into their own professional practice.

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