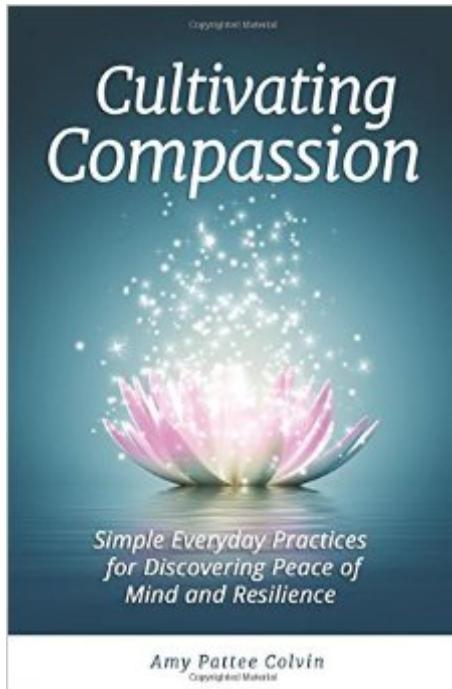


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# Cultivating Compassion: Simple Everyday Practices For Discovering Peace Of Mind And Resilience



## Synopsis

Do you ever: - Lose sleep due to worry? - Feel down in the dumps and just can't shake it off? - Get just plain grouchy and snap at others, yet criticize yourself? You are not alone. You've heard mindfulness or compassion meditation might help, but you're not sure where to start. You're already busy enough, and carving out more time to sit quietly doesn't seem like an option. If you find sitting still to meditate is difficult, or you think you're not "doing it right" because your mind isn't empty, or if you find distractions every time you think about meditating, this book is for you. *Cultivating Compassion: Simple Everyday Practices for Discovering Peace of Mind and Resilience* is for: - Healthcare providers who feel fulfilled by serving others but experience compassion fatigue because they have no energy remaining for self-care - Busy executives looking for ways to improve their leadership skills - Parents or concerned adults who want to share the message and value of kindness with the youth around them, teaching children how to feel comfortable in their own skin without tearing down others in the process - For anyone who wants to create positive change and thrive in daily life In this book you'll find 66: - Inspirational themes to help you explore concepts around acceptance and compassion for self and others - Self-reflection questions to help you contemplate deeply held beliefs, help you shift your perspective, and help you break out of old patterns - Informal practices to help you integrate kindness and non-judgment into daily life *Cultivating Compassion* shows you how to develop peace of mind and resilience through easy to follow, practical tools and techniques. You don't have to put the rest of your life on hold to create significant change. What's stopping you from living a life filled with acceptance and compassion for self and others? Scroll to the top, click the "buy now" button and start living a life filled with peace of mind and resilience.

## Book Information

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## Customer Reviews

I have been trying to find a way to bring meditation and a more mindful way of thinking into my day to day life for years, but just have not been able to do it. This book was perfect for me because she had some very practical tips that I could use! I am working on the 66 day plan and feel that I have learned more about how to create a positive happier mindset. The book was easy to read and you can really feel that the author is passionate about this topic. I recommend this to anyone who is wanting to make meditation or mindfulness practices a bigger part in their life.

The book matches the name, Cultivating. Every day you follow a simple practice, or thought, meditate on an idea, or a photo if you have downloaded the book, and in 66 days, you will have changed completely, is the author's promise. After just 3 days, I find myself smiling more often and complaining less often. It is a guide that provides you with prompts to meditate on, so that you can get on with it everyday, by simply following the instructions. A beautiful idea, presented with warmth and love.

A wonderful book that reminds us of the importance of kindness, compassion, unforgiveness, and letting go. The author give us 66 days of things that we can work on to improve ourselves. This is an excellent self-help book. Unfortunately the people who really need this book probably won't read it. For the rest of us who are always looking for ways to develop more self-awareness, this is one of those books that can help us. It is easy to read and written in a very thoughtful way. Thank you for writing this.

This is a gentle push with daily affirmations and contemplation to help you create the peace and wellness you not only crave but need desperately. We all need relief from stress external and internal. We have to seek and find it, it can't be handed to us. This is a map or blueprint in 66 easy steps. A few minutes a day and following this book's lead can change your life in amazing ways! I highly recommend it!

"Cultivating Compassion" is for those looking to improve the quality and harmony of their inner and outer lives. Disclaimers: I've read the book already as a proofreader; and I'm related to the

author.âœMeditation? Mehâ ¡â • I personally am not your sit-in-lotus-position, contemplate-your-navel type, so with some misgivings I agreed to read and proofread Cultivating Compassion. To my relief, Amy Pattee has written something the engineer in me can get a handle on. She has a 66-day plan. She offers daily inspirational thoughts, daily short homework assignments, and daily hope that you can become a better person one step at a time. Each chapter builds carefully on the last, and is thorough. Iâ™ve found myself chuckling, and becoming more at ease with my inner rebel, merely reading with a proofreaderâ™s eye. Read a chapter or two (they are short!) and see if it grabs you. If it does, DO something to treat yourself, and buy the book.~  
Barbara Szabo September 6, 2016

Amy Pattee Colvin has written an incredibly easy to read book which fits beautifully with today's busy lifestyles. The fact that she has broken it down into 66 daily chapters (because it takes 66 days to create a positive habit) means you don't have to read her book in one sitting -although it is an easy read. You can delve into something that will help your life immediately. If you only have 10 spare minutes a day, you can start making a difference in your life by reading one chapter. It's that simple. She reminds us that we have choices: choices in how we act and react to ourselves and our environment - choices on how we let go of the past so that we don't let it hold us back from our present and future - choices about how we treat ourselves- and choices about how we allow those around us to influence our day to day thoughts. Every chapter has a Self-Reflection Question to get us thinking, and an Informal Practice which gives us an action to work on during the day. By providing these, the reader is actively engaged in using the tools provided and creating a better sense of self through exploration and action.

Most self-help/mindfulness/meditation books that I've read have two problems: (1) they write chapters/pages instead of paragraphs/sentences and (2) I can't figure out what to do when I put down the book. Amy's book is perfect: concise and actionable. It's all signal, no noise. (See photo for an example day from the printed version: left page is context, right page is self-reflection with space to write and what to do.) Kindle version works well and I wanted to highlight almost everything when reading it. I'm glad I also purchased the printed version: it's easier for me to "randomly" pick a topic/day and I like the white space for self-reflection. I only rate 5 stars for books that change my life/perspective AND that I will re-read later: this book certainly qualifies.

I'm already a very positive, compassionate, and cheerful person but I do have my down times. I

read this book because a friend told me how it had helped her to change her outlook, she's always gravitated to my positive vibes and wanted some of her own. I will say that I was impressed. The author has cited 66 days of exercises toward letting go of negative habits and becoming more feeling in very good ways. I've picked up some practices which will help me during days when my sparkle meter is only reaching 50%.

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