**Mindful Self Compassion Resources**

**The Science and Practice**

<https://greatergood.berkeley.edu/slides/MindfulnessCompassion-Slides-FINAL-forweb.pdf>

**The People Behind Self-Compassion**

Dr Kristin Neff

<https://self-compassion.org/>

Dr. Chris Germer

<https://chrisgermer.com/>

**Organizations**

<https://centerformsc.org/>