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Compassion's COMPASS: Strategies for Developing Insight, Kindness, and Empathy

Wilson C. Hurley

Foreword by His Holiness the Dalai Lama

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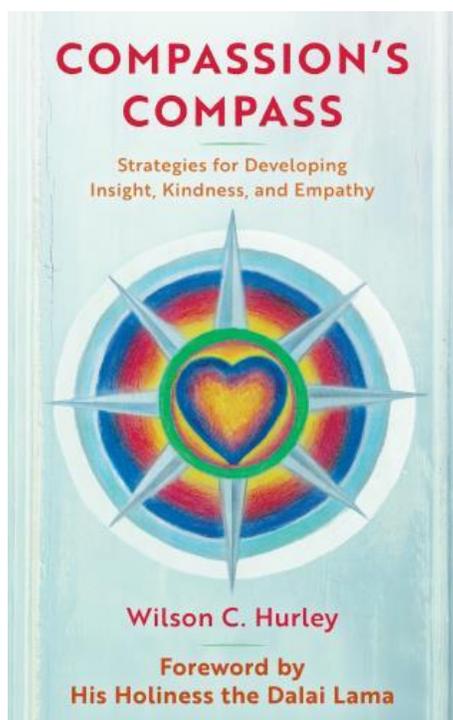
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About the Book

Compassion's COMPASS: Strategies for Developing Kindness and Insight offers a systematic approach to developing compassionate insight that has been adapted from Tibetan mind training strategies, secularized for modern audiences, and supplemented with relevant research, anecdotes, and exercises in accessible language. This book contains easy exercises for regaining composure, boosting compassionate insight, preventing compassion fatigue, and maintaining compassion resilience. "COMPASS" is an acronym for "Compassion and Analytical Selective-Focus Skills". Selective-focus skills suggest contemplations that can help to generate and enhance compassionate insight. These exercises follow an "emotional logic" in which one step produces a basis for cultivating the next. These skill steps are broken down in detail within each section of the book containing a discussion of the purpose of the skill being presented, supporting research for it, examples of its use, and short exercises for the reader to try in order to cultivate and enhance it.

About the Author

WILSON C. HURLEY is adjunct professor at George Mason University and a clinical social worker in private practice in Centreville, VA. He specializes in working with children, adolescents and families, but also works with adults in individual and couples therapy. His website is: <http://compassmethods.com/>

Praise for the Book

"*Compassion's Compass* is precisely what we need now as individuals and as a society! Wilson Hurley's is a voice of deep kindness, reason and sanity.... If you want happiness and meaning in your own life, then read this book and practice the methods it teaches."

— **Lorne Ladner**, author of *The Lost Art of Compassion*

"I was thrilled to discover Wilson C. Hurley's *Compassion's Compass*, which presents in a beautifully written and authentically experienced book, the wisdom and secular method of developing the enlivening and competent force of compassion that is so essential to our society and world in its present crisis."

— **Robert A. F. Thurman**, Padma Shri Professor Emeritus of the Indo-Tibetan Buddhology, Columbia University

"For many clinicians, learning how to maintain compassion for oneself and our clients can be a struggle in the face of unrelenting pressures across our personal and professional networks. Wilson's wisdom, experience, and honesty about what has worked and maybe not worked so well, shine through in this very accessible book that embraces change as part of deepening our connections to ourselves and others."

— **Peter J. Delany**, The Catholic University of America

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