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Living with endometriosis can be a really dark and lonely place,” Jessica Murnane says. “This book is my way of saying, ‘I see you; you’re not alone.’” Murnane is sitting on her bed in Charleston, ...

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Two classic medical quotations provide the context and set the stage for this book: “The physician is obligated to ... her superb collection of autobiographical essays. As a wise and compassionate ...

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What I needed was to understand the science behind the term we all take for granted. What does it mean to be a perfectionist? Is it a good strategy? What makes perfectionism more intense? Are there ...

What women know about the science of perfectionism

Psychologists and counsellors say some people find solace in

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religion, other in activities like gardening. Try a few different options to find what helps you. Recommendations below.

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Seeing ourselves through a lens of reality often gave us some modicum of compassion for the other ... is a cleansing of the heart, soul and mind that gives refreshment and renewal to the whole ...

Compassion for each other cancels the judgment, not the person, by Lori Borgman:

King's ideas about compassionate action are driven ... That's an intriguing view, because in my mind, it's completely a book about animals! The animals I feature—ranging from bears to ...

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While the Compassion may be ... To some extent it does, in my mind, represent America a little bit or represent the Western powers. You see some hints in the first book. I'm not going to spoil ...

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"Republican populists need something more than individual proposals and ad hoc partnerships," writes The New York Times columnist Ross Douthat. "They need to present themselves as a faction, a small ...

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Ross Douthat: How a Common Good Caucus could save the GOP

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"As If Death Summoned," Rose's recently released fourth novel, is a powerful, compassionate ... gay people in the public's mind,"

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he said. "So that was one benefit, at a terrible ...

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