

“THE OVERARCHING MESSAGE FOR THOSE WITH CHRONIC ILLNESS—AND FOR ALL THE REST OF US AS WELL—IS THAT SELF-COMPASSION IS THE MOST RELIABLE REFUGE.”

—Sylvia Boorstein, author of *Happiness Is an Inside Job*

HOW TO LIVE WELL WITH CHRONIC PAIN AND ILLNESS



A MINDFUL GUIDE

TONI BERNHARD

Author of *How to Be Sick*