Contents

Acknowledgements vi

Introduction: Why We Wrote This Book 1

Part I Compassion in Healthcare

1 **What Is Compassion?** 11

2 **Background to Compassionate Healthcare** 19

3 **What Compassion Is Not** 27

4 **Medical Professionalism and Compassion** 35

5 **Compassion in Healthcare** 44

6 **Neuroscience and Compassion** 52

7 **Resilience and Compassion** 60

8 **Self-Compassion** 68

9 **Compassion-Based Therapies** 75

Part II Practising Compassion

10 **Cultivating Mindfulness and Awareness** 83

11 **Deepening Compassion** 90

12 **Developing Resilience** 98

13 **Building Compassionate Health Systems** 106

Conclusions: Compassionate Healthcare 114

Index 117

Downloaded from https://www.cambridge.org/core. UNIVERSIDAD AUTONOMA METROPOLITANA, on 05 Nov 2026 at 10:40:41, subject to the Cambridge Core terms of use, available at https://www.cambridge.org/core/terms. https://doi.org/10.1017/9781009390217