

A close-up photograph of a person's face, focusing on their eyes. The person is wearing a light blue surgical mask that covers the lower half of their face. The eyes are a striking greenish-yellow color and are looking directly at the camera with a calm, steady gaze. The skin around the eyes is fair and shows some fine lines. The background is a soft, out-of-focus blue, matching the color of the mask.

CHRISTINE DEGRAZIA, RN

**THE
SELF-COMPASSION
PROTOCOL**

**A Guide For When You Simply
Can't Care Any More**

The Compassion Protocol

**Roberto Aristegui, Javier Garcia
Campayo, Patricio Barriga**



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