

# SF Love Dojo Fall 2019 Free Lecture Series

On Compassion, Self-Compassion, Asian American Men's  
and Women's Psychology, Narcissism, and Technology  
by Ravi Chandra, M.D., D.F.A.P.A.  
San Francisco Psychiatrist and Writer

## M or W evenings

September 11, 2019-  
October 28, 2019  
6:30 pm - 8 pm

Union Bank  
Community Room  
East Mall, J-Town

[www.sflovedojo.org](http://www.sflovedojo.org)

(sign up for free tickets while they last!)

### Wednesday, September 11

Mindful Self Compassion  
Introduction

Proven benefit in coping with  
distress, preventing burnout, and  
building resilience

### Monday, September 16

Compassion in Difficult Times

An overview of cultivating  
compassion

### Monday, September 23

Asian Am Men's Psychology

### Monday, September 30

Asian Am Women's Psychology

### Wednesday, October 9

Narcissism in the American Psyche

### Monday, October 14

Youth and Internet Addiction

### Monday, October 21

Cyberbullying and Youth

### Monday, October 28

Narcissism, Nihilism and  
Relatedness in the American Psyche

Dr. Chandra has presented on these  
topics locally, nationally and  
internationally.

He is a Distinguished Fellow of the  
American Psychiatric Association,  
and a longtime blogger for  
Psychology Today and the Center for  
Asian American Media.