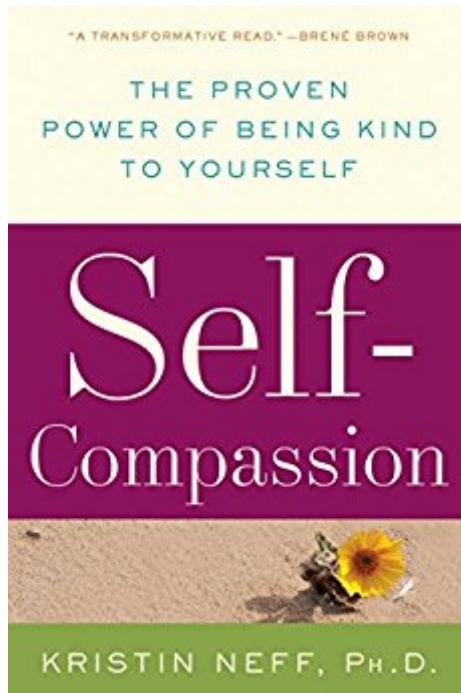


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# Self-Compassion: The Proven Power Of Being Kind To Yourself



## Synopsis

Kristin Neff, Ph.D., says that it's time to stop beating yourself up and leave insecurity behind. • **Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind** offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living. Â Â

## Book Information

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## Customer Reviews

I usually doubt when someone says that a book, or a concept, is life-changing. Trust me: THIS ONE IS. At least if you find yourself stuck in some struggle in your life that you feel is possible to be solved but you don't know how. If you feel fear of the consequences of doing something in your life you'll also find here what may be the origin and to heal this fear. This book is about being stronger, emotionally stronger, in a way that I didn't see any other author talk about. The subject of this book, I think, is the root for all the other strengths we can have as human beings. I think that, without this,

we can't be successful getting to the other strengths. I've been lost in a depression for the last 6 years and I had read lots of books from the top authors on psychology, self-motivation, personal effectiveness and on and on. All I found was some strength to keep searching, but nothing EVER touched so exactly on what could be the reason and the cure for the bad emotions I had for all these years. I'm sure that, for me, this book is one more piece of the puzzle I've been working on since my depression came into my life. But I can assert that it's the most meaningful piece so far. No doubt. Sometimes while reading I found myself avoiding the book because the transformation was being too intense in my point of view, but I noticed my pattern and kept on reading. It really was worth it! I could keep writing here for hours about how now I can see a path, a light, that I couldn't see before on some of the most difficult aspects of my life. Past and present aspects. I strongly recommend this book to you, to anyone.

Leading psychologist Kristin Neff's groundbreaking book, "Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind" shows us how to let go of debilitating self-criticism and learn to be kind to ourselves. Using personal stories, empirical research and practical exercises she explains how to heal destructive emotional patterns to become healthier, happier, and more effective. Our ultracompetitive culture, the relentless pursuit of high self-esteem and the need to be above average to feel good about ourselves makes our sense of self-worth rise and fall in lockstep with our latest success or failure. She says many experts now see self-compassion as a more powerful and effective alternative to self-esteem. Their research shows that people who are compassionate toward their failings and imperfections experience greater well-being than those who repeatedly judge themselves. The feelings of security and self-worth provided by self-compassion are highly stable and kick in precisely when self-esteem falls down. Current research shows there are holes in over emphasizing high self-esteem as an indicator of healthy behavior. Neff says high self-esteem is a consequence rather than a cause of healthy behavior. Narcissists and sociopaths generally have extremely high self-esteem (inflated, unrealistic perceptions of themselves) and tend to blame others for negative consequences. Jean Twenge's book, "Generation Me, the Narcissism Epidemic Living in the Age of Entitlement" speaks eloquently about the problem. Neff says thoughts and emotions have an effect on our bodies: self-compassion triggers oxytocin the hormone of "love and bonding" and "tend and befriend" whereas self-criticism elicits an increase in blood pressure, adrenalin and the hormone cortisol.

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Self-Compassion: The Proven Power of Being Kind to Yourself Self-Love: The 21-Day Self-Love

Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion Impossible Compassion: Utilizing Directed Compassion to Cure Disease, Save the Environment, Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power My Kind of Transit: Rethinking Public Transportation (Center for American Places - My Kind of . . .) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) COMPASSION: Empowering Yourself with Emotional Intelligence (BECOME YOUR BEST SELF Book 2) Solar Power: Proven Lessons How to Build Your Own Affordable Solar Power System: (Energy Independence, Lower Bills & Off Grid Living) (Self Reliance, Solar Energy) Meditations on Intention and Being: Daily Reflections on the Path of Yoga, Mindfulness, and Compassion (An Anchor Books Original) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) Resonant Leadership: Renewing Yourself and Connecting with Others Through Mindfulness, Hope, and Compassion The Power of the Educated Patient: Proven Strategies for Reclaiming Your Health and Well-Being That You Won't Find in a Conventional Medical Office The Gift of Being Yourself: The Sacred Call to Self-Discovery (Spiritual Journey) Untame Yourself: Reconnect to the Lost Art, Power and Freedom of Being a Woman