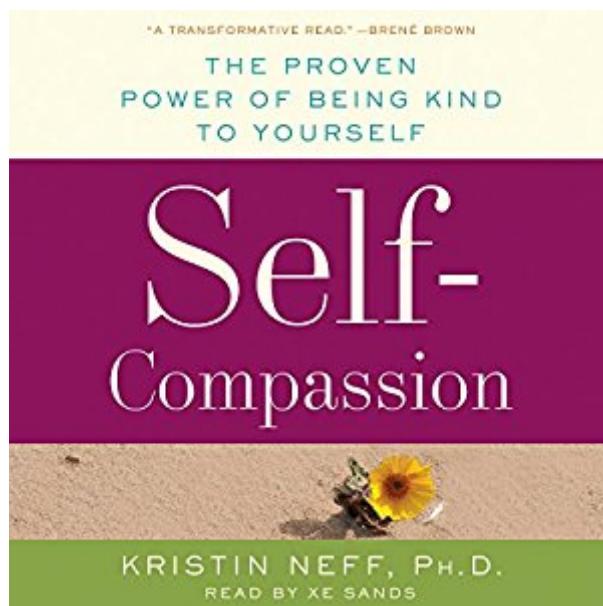


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# Self-Compassion: The Proven Power Of Being Kind To Yourself



## Synopsis

From leading psychologist Dr. Kristin Neff comes a step-by-step guide explaining how to be more self-compassionate and achieve your dreams in life. The relentless pursuit of high self-esteem has become a virtual religion - and a tyrannical one at that. Our ultracompetitive culture tells us we need to be constantly above average to feel good about ourselves, but there is always someone more attractive, successful, or intelligent than we are. And even when we do manage to grab hold of high self-esteem for a brief moment, we can't seem to keep it. Our sense of self-worth goes up and down like a ping-pong ball, rising and falling in lockstep with our latest success or failure. Fortunately, there is an alternative to self-esteem that many experts believe is a better and more effective path to happiness: self-compassion. The research of Dr. Kristin Neff and other leading psychologists indicates 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 also highly stable, kicking in precisely when self-esteem falls down. This book powerfully demonstrates why it's so important to be self-compassionate and give yourself the same caring support you'd give to a good friend. This groundbreaking work will show you how to let go of debilitating self-criticism and finally learn to be kind to yourself. Using solid empirical research, personal stories, practical exercises, and humor, Dr. Neff - the world's foremost expert on self-compassion - explains how to heal destructive emotional patterns so that you can be healthier, happier, and more effective. Engaging, highly listenable, and eminently accessible, this book has the power to change your life.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 59 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: HarperAudio

Audible.com Release Date: October 4, 2011

Whispersync for Voice: Ready

Language: English

ASIN: B005SA69UM

Best Sellers Rank: #62 in Books > Audible Audiobooks > Nonfiction > Reference #84 in Books > Self-Help > Self-Esteem #170 in Books > Health, Fitness & Dieting > Mental

## 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! 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. I'm from Brazil and I'm a bit sad that we don't have a Portuguese version of this book yet, because I could buy at least one copy to every person that I like or love (truly, I would give also to the people that I could have any reason to don't like). If I was a rich guy I would give one of this to every psychologist on the world so that these practices could be used on their patients alike. Kristin, thank you for coming with this for the world! Thank you very much! Spread the talk about it as much as you can. Douglas

I've been reading this book with our nine year old son after I realized we both needed more self compassion and in turn more compassion for other people. After reading a couple of chapters with my boy, I can really see the difference! Challenges he's had with friends and us have been met with a more compassionate understanding perspective. I'm really thankful I found this book. I've looked elsewhere for children's books for him, but, I couldn't find anything like this.

Everyone needs to understand how to be compassionate to his or herself, for that is where the roots

of understanding, patience, and caring for others begin. Once you can be kind to yourself, you will be able to be kinder towards others. If you are one who is nice to everyone but yourself, this is a good resource for you too.

Wow! This book is so great. Many of us have been taught how to be compassionate toward others but we haven't been taught how to have self compassion. This book is a must read for everybody.

This is one of the best non-fiction books self-help books I've read in a long time. It is healing and thought provoking. I keep recommending it or thinking about people I should recommend it to when I see them. It has helped me to be more self compassionate, and really helped all my relationships as I find my compassion for others has expanded. Now as a parent and teacher I realize why just trying to raise self esteem does not work, and how teaching self compassion can. If you have read a lot of self help books you find it rare to run across new information that really changes your life, but this book is filled with ideas that have brought peace into my life.

Very informative and helpful. I love the exercises because they encourage practicing the concepts she presents.

strong book for real true self help if have anxiety over self acceptance

This book helps me a great deal - useful exercises, clear explanations, like reading about what I feel and think. I recommend this book to perfectionists, people suffering depression, people interested in psychology and everybody who wants to be happier.

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