

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

By Kristin Neff

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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.

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Self-Compassion: The Proven Power of Being Kind to Yourself By Kristin Neff Bibliography

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Editorial Review

Review
“Neff’s compassionate tone makes Buddhist principles accessible, and exercises make them applicable in real life.” (Publishers Weekly)

“A portable friend to all readers—especially but not only women—who need to learn that the Golden Rule works only if it’s reversible: We must learn to treat ourselves as well as we wish to treat others.” (Gloria Steinem)

“A beautiful book that helps us all see the way to cure the world, one person at a time, starting with yourself. Read it and start the journey.” (Rosie O’Donnell, talk show host)

“An original and doable blueprint for improving the quality of your life.” (Mihaly Csikszentmihalyi, author of Flow and Creativity)

“Neff’s powerful research and her ability to explain how self-compassion affects our everyday lives makes this book a transformative read.” (Brené Brown, Ph.D., author of The Gifts of Imperfection)

“This is an important book. Following its advice can free readers from the chains of self-criticism and replace them with the wings of self-encouragement.” (Steven Stosny, Ph.D., author of Love Without Hurt)

“In this deeply personal, highly practical book, Kristin Neff moves the entire study of compassion forward.” (Sharon Salzberg, author of Lovingkindness and Real Happiness)

“Drawing on a powerful blend of Western psychology and Eastern meditative strategies, Kristin Neff offers practical, wise guidance on the path of emotional healing and deep inner transformation.” (Tara Brach, Ph.D., author of Radical Acceptance)

“This book and its courageous and compassionate author will become essential reading for all of us seeking inner peace and true, lasting happiness in our lives. Savor and enjoy!” (Daniel J. Siegel, M.D., author of Mindsight)

“Brilliant! Self-compassion is a revolutionary new idea-a better idea-pioneered by the author, Kristin Neff, with profound implications for how to live our lives.” (Christopher K. Germer, Ph.D., author of The Mindful Path to Self-Compassion)

“Based on state-of-the-art research, Neff provides essential lessons for how to excel personally and professionally through self-compassion.” (Dr. Todd B. Kashdan, author of Curious? and Designing Positive Psychology)

From the Back Cover

The relentless pursuit of high self-esteem has become a virtual religion. 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. 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.

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.

About the Author

Kristin Neff, Ph.D., is an associate professor in human development at the University of Texas at Austin. A pioneer who first established self-compassion as a field of study almost a decade ago, Dr. Neff gives lectures on self-compassion internationally and conducts workshops for those who want to learn more about developing self-compassion.

Users Review

From reader reviews:

Marvin Perdue:

Here thing why this kind of Self-Compassion: The Proven Power of Being Kind to Yourself are different and trusted to be yours. First of all looking at a book is good however it depends in the content of it which is the content is as delightful as food or not. Self-Compassion: The Proven Power of Being Kind to Yourself giving you information deeper including different ways, you can find any publication out there but there is no publication that similar with Self-Compassion: The Proven Power of Being Kind to Yourself. It gives you thrill examining journey, its open up your own personal eyes about the thing that will happened in the world which is perhaps can be happened around you. You can easily bring everywhere like in area, café, or even in your way home by train. Should you be having difficulties in bringing the published book maybe the form of Self-Compassion: The Proven Power of Being Kind to Yourself in e-book can be your alternate.

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James Bergeron:

A lot of people always spent their particular free time to vacation or go to the outside with them friends and family or their friend. Do you know? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity that's look different you can read the book. It is really fun for you. If you enjoy the book which you read you can spent all day long to reading a book. The book Self-Compassion: The Proven Power of Being Kind to Yourself it is quite good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to create this book you can buy often the e-book. You can m0ore simply to read this book from the smart phone. The price is not very costly but this book features high quality.

Meredith Bailey:

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