



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

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 readable, and eminently accessible, this book has the power to change your life.

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:

Sandy Holiday:

Typically the book *Self-Compassion: The Proven Power of Being Kind to Yourself* has a lot of information on it. So when you check out this book you can get a lot of gain. The book was written by the very famous author. The author makes some research previous to write this book. This book very easy to read you will get the point easily after perusing this book.

Arthur Prince:

Reading can called imagination hangout, why? Because while you are reading a book particularly book entitled *Self-Compassion: The Proven Power of Being Kind to Yourself* your brain will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging each word written in a e-book then become one web form conclusion and explanation this maybe you never get just before. The *Self-Compassion: The Proven Power of Being Kind to Yourself* giving you one more experience more than blown away your mind but also giving you useful facts for your better

life with this era. So now let us show you the relaxing pattern at this point is your body and mind will likely be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary investing spare time activity?

Katherine Hood:

This Self-Compassion: The Proven Power of Being Kind to Yourself is great reserve for you because the content which can be full of information for you who all always deal with world and also have to make decision every minute. This particular book reveal it information accurately using great arrange word or we can say no rambling sentences inside. So if you are read the idea hurriedly you can have whole info in it. Doesn't mean it only will give you straight forward sentences but tricky core information with beautiful delivering sentences. Having Self-Compassion: The Proven Power of Being Kind to Yourself in your hand like obtaining the world in your arm, details in it is not ridiculous 1. We can say that no e-book that offer you world in ten or fifteen tiny right but this guide already do that. So , this really is good reading book. Hey there Mr. and Mrs. hectic do you still doubt which?

Donald Barber:

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