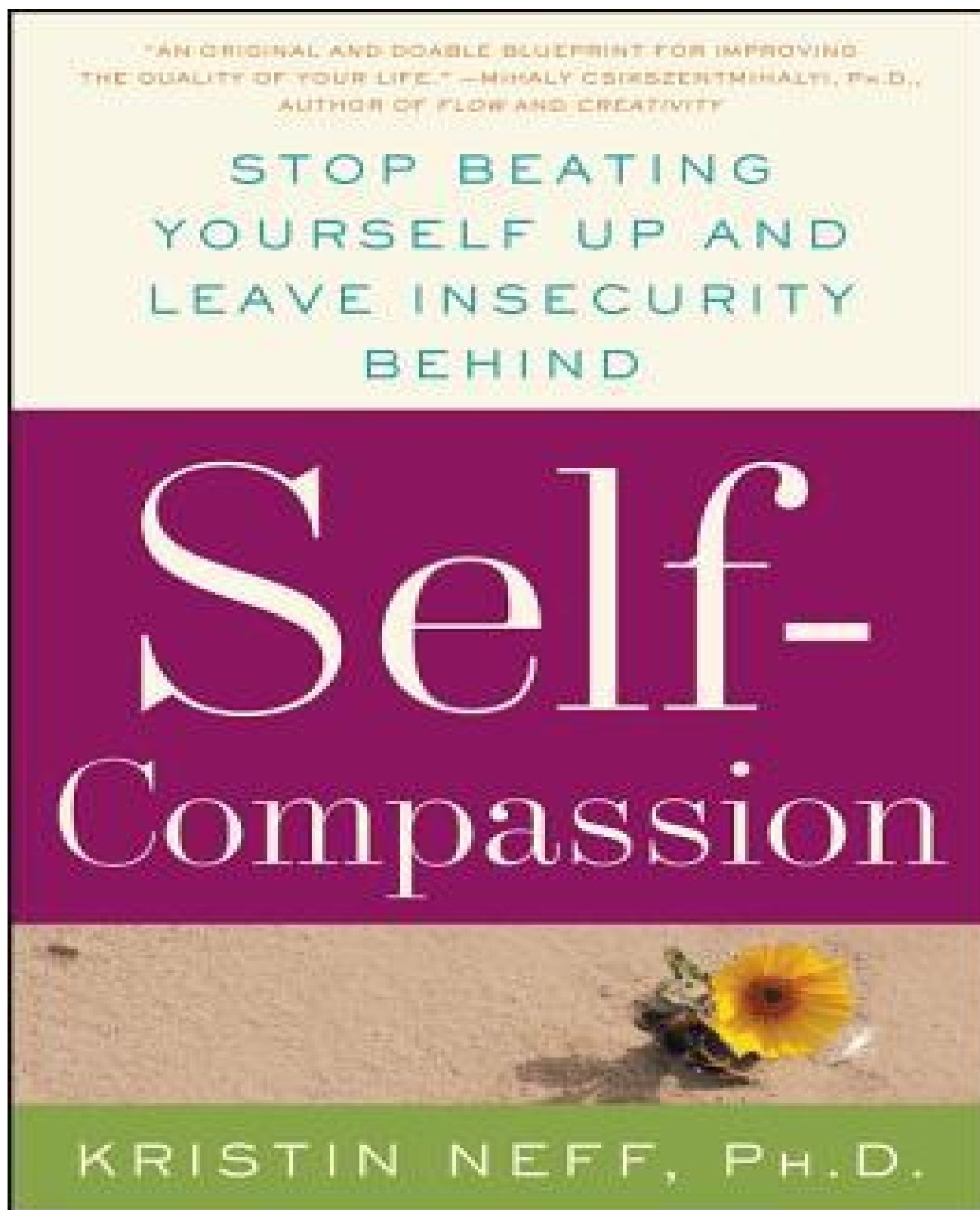
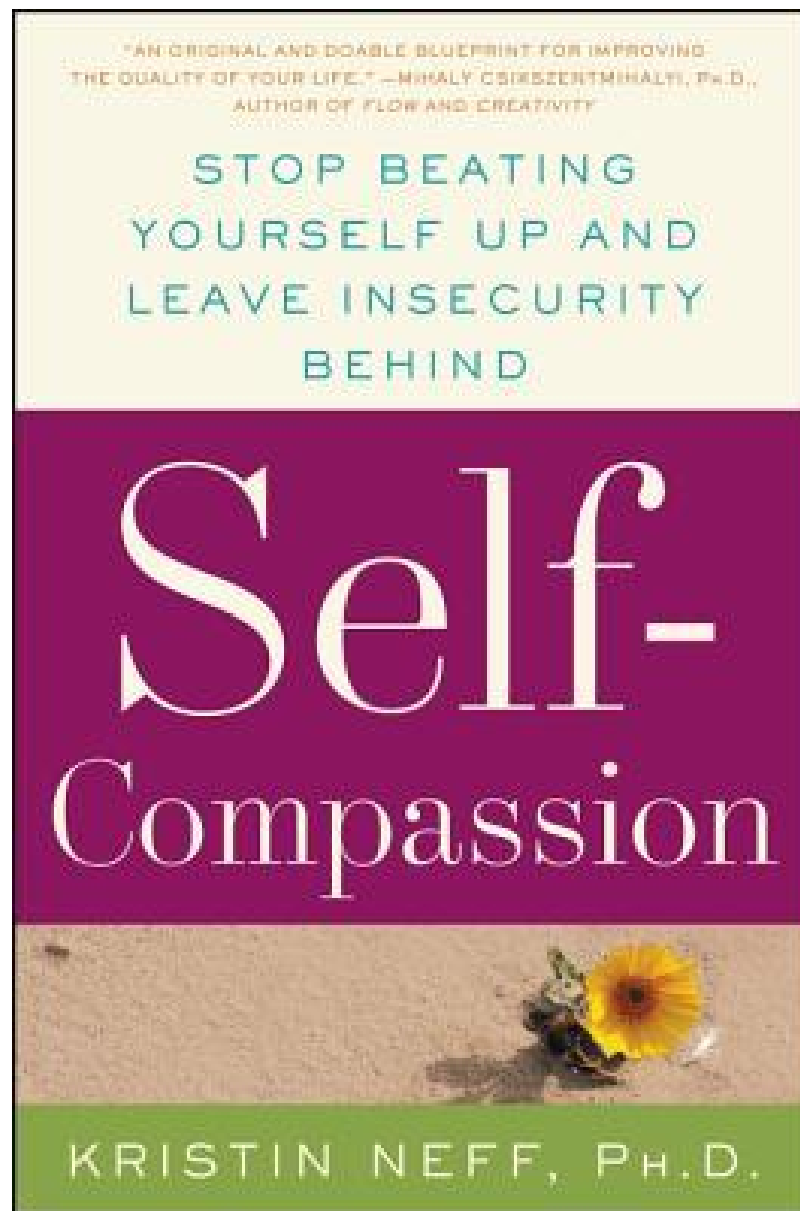


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Self-Compassion: The Proven Power of Being Kind to Yourself
by Kristin Neff



Synopsis:=====

Expert and timely advice that shows you how to limit self criticism and its harmful effects, and instead learn to be kinder - to yourself - and achieve your dreams. The world's expert on self compassion, Dr Kristin Neff, offers a powerful solution to combat depression and low self worth - the symptoms of living in a pressured world. With exercises, downloads and access to the Self Compassion Scale, Self Compassion explains how to heal destructive emotional patterns so that you can become healthier, happier, and more effective. Here you will discover the 3 core components of: Self kindness Common humanity Mindfulness Engaging, practical and wise, this book has the power to change your life.

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