

Self Compassion

How do we define compassion? Is it an emotional state, a motivation, a dispositional trait, or a cultivated attitude? How does it compare to altruism and empathy? Chapters in this Handbook present critical scientific evidence about compassion in numerous conceptions. All of these approaches to thinking about compassion are valid and contribute importantly to understanding how we respond to others who are suffering. Covering multiple levels of our lives and self-concept, from the individual, to the group, to the organization and culture, *The Oxford Handbook of Compassion Science* gathers evidence and models of compassion that treat the subject of compassion science with careful scientific scrutiny and concern. It explores the motivators of compassion, the effect on physiology, the co-occurrence of wellbeing, and compassion training interventions. Sectioned by thematic approaches, it pulls together basic and clinical research ranging across neurobiological, developmental, evolutionary, social, clinical, and applied areas in psychology such as business and education. In this sense, it comprises one of the first multidisciplinary and systematic approaches to examining compassion from multiple perspectives and frames of reference. With contributions from well-established scholars as well as young rising stars in the field, this Handbook bridges a wide variety of diverse perspectives, research methodologies, and theory, and provides a foundation for this new and rapidly growing field. It should be of great value to the new generation of basic and applied researchers examining compassion, and serve as a catalyst for academic researchers and students to support and develop the modern world.

There is good and increasing evidence that cultivating compassion for one's self and others can have a profound impact on our physiological, psychological and social processes. In contrast, concerns with inferiority, shame and self-criticism can have very negative impacts on these processes and are associated with poorer physical and mental health. *The Compassionate Mind Workbook* is for anyone who is interested in how compassion - in the form of ideas and practices derived from Compassion Focused Therapy (CFT) and other approaches - may help us to engage with, understand and ultimately, try to alleviate suffering. CFT utilises both Buddhist practices and Western psychological science. It draws on neuroscience, insights into emotion regulation and identity formation, interpersonal psychology and a range of psychotherapeutic models. CFT-based interventions can help people with a range of mental health problems develop compassion for themselves, be open to the compassion of others and develop compassion for others. This workbook is a step-by-step guide to CFT, in which the chapters build your understanding of yourself, the skills that give rise to a compassionate mind, and ways to work with whatever difficulties you're struggling with in life. The exercises, prompts and case stories in this book provide an understandable and practical way to develop compassion. A powerful and compassionate guide for cultivating self-confidence, independence, and the executive functioning skills you need to live your best life! Being a teen with attention deficit/hyperactivity disorder (ADHD) doesn't stop you from wanting what almost every other teen wants: independence, good grades, and a healthy social life. But ADHD also presents obstacles that can keep you from reaching your goals. At times you may become frustrated, sad, or even angry at your inability to achieve the things you want. This book can help. This unique guide will help you develop the skills you need to strengthen your executive functioning, foster the self-compassion essential to overcoming self-criticism often caused by ADHD, and gain the confidence and resilience necessary to take control of your ADHD--and your life. You'll also learn how to manage your emotions, focus, practice flexible problem solving, change habits, and improve communication skills. Finally, you'll learn how these skills can improve your relationships with friends and family, and help you succeed in school--and life! Your ADHD doesn't have to define you, and it certainly doesn't have to determine your life. This book will allow you to step off the path of self-criticism, and guide you on the path toward self-compassion, self-confidence, and success.

Discover the Transformative Effects of Being Kind to Yourself “This brilliant book offers us both the science and practice of how self-kindness is the secret sauce of fulfillment, transformation, and joy.” —Lorin Roche, meditation teacher and author of *The Radiance Sutras* Many of us yearn to feel a greater sense of inner calm, ease, joy, and purpose. We have tried meditation and found it too difficult. We judge ourselves for being no good at emptying our minds (as if one ever could) or compare ourselves with yogis who seem to have it all together. We live in a steady state of “not good enough.” It does not have to be this way. In *Good Morning, I Love You*, Dr. Shauna Shapiro brings alive the brain science behind why we feel the way we do—about ourselves, each other, and the world—and explains why we get stuck in thinking that doesn’t serve us. It turns out that we are hardwired to be self-critical and negative! And this negativity is constantly undermining our experience of life. “It is never too late to rewire your brain for positivity—for calm, clarity, and joy,” writes Dr. Shapiro. “I know this is possible because I experienced it. Best of all, you can begin wherever you are.” In short, lively chapters laced with science, wisdom, and story, Shapiro, one of the leading scientists studying the effects of mindfulness on the brain, shows us that acting with kindness and compassion toward ourselves is the key. With her roadmap to guide you, including her signature “Good Morning, I Love You” practice, in which you deliberately greet yourself each day with these simple words, you can change your brain’s circuitry and steady yourself in feelings of deep calm, clarity, and joy. For good.

Applying the art and science of self-compassion to day-to-day therapy work. This lucidly written guide integrates traditional Buddhist teachings and mindfulness with cutting-edge science from several distinct fields—including neurobiology, cognitive neuroscience, psychotherapy outcome research, and positive psychology—to explain how clinicians can help clients develop a more loving, kind, and forgiving attitude through self-compassion. The practice of self-compassion supports effective therapy in two vital ways: (1) It helps clients become a source of compassion for themselves; and (2) it helps therapists be happier and generate more compassion for their clients. Researchers now understand that self-compassion is a skill that can be strengthened through deliberate practice, and that it is one of the strongest predictors of mental health and wellness. The brain’s compassion center, which neuroscientists call the Care Circuit, can be targeted and fortified using specific techniques. Filled with illuminating case examples, *Self-Compassion in Psychotherapy* shows readers how to apply self-compassion practices in treatment. The first two chapters illuminate what self-compassion is, the science behind it, and why it is so beneficial in therapy. The rest of the book unpacks practical clinical applications, covering not only basic clinical principles but also specific, evidence-based techniques for building affect tolerance, affect regulation, and mindful thinking, working with self-criticism, self-sabotage, trauma, addiction, relationship problems, psychosis, and more, and overcoming common roadblocks. Readers do not need to have any background in mindfulness in order to benefit from this book. However, those that do will find that self-compassion practices have the capacity to add new layers of depth to mindfulness-based therapies such as Dialectical Behavior Therapy (DBT), Acceptance and

Commitment Therapy (ACT), Mindfulness-Based Stress Reduction (MBSR), and Mindfulness-Based Cognitive Therapy (MBCT). A friend criticizes you. You grow impatient with someone you're trying to help. A cell phone user annoys you on a train. Would your first response to these situations be kindness? In *The Kindness Handbook*, Sharon Salzberg explores with insight and clarity how kindness for ourselves and others can be the quality we choose to steer our lives by. From the foundation of this transformative practice and its entry point through you, to its daily expression in your life, this book features a thoughtful collection of anecdotes, stories, and practical tools to inspire kindness for any life situation. *The Kindness Handbook* is your personal companion to explore the rich landscape of kindness—and help you see just how it might shift and open up your life to greater joy, meaning, and compassion. “For kindness to be more fully realized, it needs to be distinguished from being ineffectual or meek. It also needs to be infused with wisdom, supported by courage, and threaded with balance.” —Sharon Salzberg, author of *The Kindness Handbook* “This book is like having Sharon and her gentle wisdom on call, 24-7, to remind you that in every moment, kindness can make a huge difference in how the next moment unfolds, in yourself and in others. This simple practice will light up and lighten your life.” —Jon Kabat-Zinn, author of *Coming to Our Senses* and *Arriving at Your Own Door* “Sharon Salzberg is a powerful teacher of the enduring value of kindness. Here she brings her teachings to us in a beautiful and accessible form through moving stories and powerful exercises. The world needs more kindness. Sharon is showing us the way.” —Roshi Joan Halifax, abbot at the Upaya Zen Center “With the deep wisdom gained by her many years of dharma practice and the greatness of her Being, Sharon leads us gently with confident strength and inspiration down the path to true happiness and love. Sleep with this book under your pillow!” —Krishna Das, author of *Flow of Grace*

Your teen years are a time of change, growth, and—all too often—psychological struggle. To make matters worse, you are often your own worst critic. *The Self-Compassion Workbook for Teens* offers valuable tools based in mindfulness and self-compassion to help you overcome self-judgment and self-criticism, cultivate compassion toward yourself and others, and embrace who you really are. As a teen, you're going through major changes—both physically and mentally. These changes can have a dramatic effect on how you perceive, understand, and interpret the world around you, leaving you feeling stressed and anxious. Additionally, you may also find yourself comparing yourself to others—whether its friends, classmates, or celebrities and models. And all of this comparison can leave you feeling like you just aren't enough. So, how can you move past feelings of stress and insecurity and start living the life you really want? Written by psychologist Karen Bluth and based on practices adapted from Kristin Neff and Christopher Germer's *Mindful Self-Compassion* program, this workbook offers fun and tactile exercises grounded in mindfulness and self-compassion to help you cope more effectively with the ongoing challenges of day-to-day life. You'll learn how to be present with difficult emotions, and respond to these emotions with greater kindness and self-care. By practicing these activities and meditations, you'll learn specific tools to help you navigate the emotional ups and downs of the teen years with greater ease. Life is imperfect—and so are we. But if you're ready to move past self-criticism and self-judgment and embrace your unique self, this compassionate guide will light the way.

"I yelled at the kids again--and feel so ashamed." "I barely have time to shower, let alone exercise; no wonder I'm so out of shape." "I'm just not the dad I hoped I would be." Parenting is hard. That's why self-compassion is so important. In this empathic resource, mindfulness expert and psychologist Susan M. Pollak helps you let go of constant self-judgment and treat yourself with the same kindness and caring you strive to offer your kids. Simple yet powerful guided meditation techniques (most under three minutes long) are easy to practice while doing the dishes, driving to work, or soothing a fussy baby. Learn to respond to your own imperfections like a supportive friend, not a harsh critic. You will find yourself happier and more energized--and will discover new reserves of patience and appreciation for your kids.

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.

One of the most beloved and trusted mindfulness teachers in America offers a lifeline for difficult times: the RAIN meditation, which awakens our courage and heart Tara Brach is an in-the-trenches teacher whose work counters today's ever-increasing onslaught of news, conflict, demands, and anxieties--stresses that leave us rushing around on auto-pilot and cut off from the presence and creativity that give our lives meaning. In this heartfelt and deeply practical book, she offers an antidote: an easy-to-learn four-step meditation that quickly loosens the grip of difficult emotions and limiting beliefs. Each step in the meditation practice (Recognize, Allow, Investigate, Nurture) is brought to life by memorable stories shared by Tara and her students as they deal with feelings of overwhelm, loss, and self-aversion, with painful relationships, and past trauma--and as they discover step-by-step the sources of love, forgiveness, compassion, and deep wisdom alive within all of us. A PENGUIN LIFE TITLE

From Self-Esteem to Self-Compassion is based on the groundbreaking new compassion-focused therapy (CFT), developed by foreword writer Paul Gilbert. This book helps readers move beyond traditional ideas about self-esteem, and gives them the tools needed to overcome shame, self-criticism, and self-doubt, so that they can build self-confidence and improve the overall quality of their lives. If someone told you that you have low self-esteem, would it cause you to bristle? For many, the very concept of self-esteem has negative connotations, because it calls to mind the comparisons we make between ourselves and others. So how do you build real self-confidence? In *The Power of Self-Compassion*, you will learn that focusing on self-compassion, rather than self-esteem, is actually the best way to build true, lasting self-confidence. For too long self-esteem has been based on the idea that if you achieve certain goals you are doing okay. This can lead to comparing yourself with others as a way to build confidence. The skills and behavioral techniques outlined in this book are drawn from the groundbreaking compassion-focused therapy (CFT), which holds that being compassionate to yourself—even when things are not going well—is central to building real self-confidence. With compassion-focused therapy, you will adopt an accepting attitude about your strengths and weaknesses, and a commitment to change that doesn't depend on being overly critical of yourself or comparing yourself with others. In addition, you will learn how the concept of self-confidence fits in the context of our evolution, biology, and life experiences. If you are looking to improve your self-confidence, the behavioral steps provided in this book can help you focus on the areas in your life that need improvement, so that you can build a stronger sense of self-worth and competence.

Self-compassion is a powerful inner resource. More than a thousand research studies show the benefits of being a supportive

friend to yourself, especially in times of need. This science-based workbook offers a step-by-step approach to breaking free of harsh self-judgments and impossible standards in order to cultivate emotional well-being. In a convenient large-size format, this is the first self-help resource based on the authors' groundbreaking 8-week Mindful Self-Compassion program, which has helped tens of thousands of people around the globe. Every chapter includes guided meditations (with audio downloads); informal practices to do anytime, anywhere; exercises; vivid examples of people using the techniques to address different types of challenges (relationship stress, weight and body image issues, health concerns, anxiety, and more); and empathic reflection questions. Working through the book, readers build essential skills for personal growth based on self-care--not self-criticism. See also *The Mindful Path to Self-Compassion*, by Christopher Germer, which delves into mindful self-compassion and shares moving stories of how it can change lives.

A compassionate guide to help you manage OCD symptoms, overcome feelings of shame and stigma, and revitalize your life! If you're one of millions who suffer from obsessive-compulsive disorder (OCD), you're all-too-familiar with feelings of anxiety, panic, shame, and uncertainty. In addition, the stigma associated with OCD can make you feel unworthy of receiving the compassion and kindness you need and deserve. You may even experience unwanted intrusive thoughts that result in harsh self-judgment—which can actually hinder your recovery and lead to additional mental health problems. So, how can you break this destructive cycle and start feeling better? *The Self-Compassion Workbook for OCD* outlines a step-by-step program to help you understand the emotional experience of OCD, and develop the tools you need to manage your disorder and build a better life. Drawing on a powerful combination of cognitive behavioral therapy (CBT), exposure and response prevention (ERP), and compassion-focused therapy (CFT), this breakthrough guide will teach you how to balance intense emotions, lean into your fear, and focus on recovery. Over time, you'll learn to replace self-judgment with kindness and self-compassion, so you can stop suffering and start thriving. Living with OCD can be extremely challenging, but it doesn't have to rob you of your self-worth. You are so much more than your disorder! Let this book be your guide to discovering, supporting, and loving the best you that you can be.

A groundbreaking approach to wellness that will help you cut through the clutter and find the small shifts that create huge changes in your life, from the host of the podcast *The Feel Good Effect* “An absolutely fresh and insightful guide . . . If you're looking to create more calm, clarity, and joy, this book is for you.”—Shauna Shapiro, Ph.D., author of *Good Morning I Love You* What if wellness isn't about achieving another set of impossible standards, but about finding what works—for you? Radically simple and ridiculously doable, *The Feel Good Effect* helps you redefine wellness, on your own terms. Drawing from cutting-edge science on mindfulness, habit, and behavior change, podcast host Robyn Conley Downs offers a collection of small mindset shifts that allow for more calm, clarity, and joy in everyday life, embracing the idea that “gentle is the new perfect” when it comes to sustainable wellness. She then leads you through an easy set of customizable habits for happiness and health in mind, body, and soul, allowing you to counteract stress and prevent burnout. Instead of trying to get more done, *The Feel Good Effect* offers a refreshingly sane approach that will allow you to identify and focus on the elements that actually move the needle in your life right now. Less striving. More ease. It's time to feel good.

Many of us are familiar with the concept of compassion when directed towards others. Fewer of us know how to show compassion to ourselves. This journal will take you on a personal journey of discovery that will enrich and enhance your life on every level, increasing your resilience and empowering you to discover the secret of self-compassion.

Skills for people to learn to be with themselves in the healthiest way possible.

Bringing together leading scholars, scientists, and clinicians, this compelling volume explores how therapists can cultivate wisdom and compassion in themselves and their clients. Chapters describe how combining insights from ancient contemplative practices and modern research can enhance the treatment of anxiety, depression, trauma, substance abuse, suicidal behavior, couple conflict, and parenting stress. Seamlessly edited, the book features numerous practical exercises and rich clinical examples. It examines whether wisdom and compassion can be measured objectively, what they look like in the therapy relationship, their role in therapeutic change, and how to integrate them into treatment planning and goal setting. The book includes a foreword by His Holiness the Dalai Lama.

Teaching with Compassion offers practical tools and strategies designed to help educators foster a culture of care and compassion. It draws on real life examples and exercises to demonstrate the power and potential of teaching from the heart. Written for both experienced and novice educators alike, this book is sure to provide ongoing inspiration.

Become your own best friend and reap the life-changing benefits! Being kind to yourself might sound simple, but self-compassion can change your life dramatically (and most of us are WAY kinder to others than to ourselves) *Self-Compassion For Dummies* will help you discover self-critical thoughts and self-defeating behaviors that are holding you back from fulfilling your potential and explore how you can learn to work around these things to find your way to more joy and satisfaction. We often think being hard on ourselves will help motivate us to be better people, but Dr. Steven Hickman's review of the research finds that just the opposite is true. When you learn to love and appreciate yourself completely (as an imperfect human with messy feelings and uncomfortable thoughts), you free yourself up to achieve great things. This book will show you how! Befriending yourself and coping mindfully with the challenges of everyday life is easy with this practical guide. You'll learn how to give yourself a taste of your own medicine by turning understanding, acceptance, and love—stuff you already do for others all the time—inward. Discover the research behind self-compassion and learn how it can help you face your insecurities and live a fuller life as a result Cultivate feelings of self-worth, acceptance, and love for someone who really deserves it—you! Explore the potential of self-compassion to address self-criticism, perfectionism, shame, self-doubt, anxiety, and anger Work through evidence-based exercises and practices to easily master the art of self-compassion as a daily way of being and not just an esoteric exercise Now more than ever, we need to offer support and love to ourselves. Thankfully, this is a skill we can all develop with a little help from *Self-Compassion For Dummies*.

Are you kinder to others than you are to yourself? More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need. This science-based workbook offers a step-by-step approach to breaking free of harsh self-judgments and impossible standards in order to cultivate emotional well-being. In a convenient

large-size format, the book is based on the authors' groundbreaking eight-week Mindful Self-Compassion (MSC) program, which has helped tens of thousands of people worldwide. It is packed with guided meditations (with audio downloads); informal practices to do anytime, anywhere; exercises; and vivid stories of people using the techniques to address relationship stress, weight and body image issues, health concerns, anxiety, and other common problems. The seeds of self-compassion already lie within you--learn how you can uncover this powerful inner resource and transform your life. See also *Teaching the Mindful Self-Compassion Program*, by Christopher Germer and Kristin Neff, a thorough overview of conducting MSC (for professionals), and *The Mindful Path to Self-Compassion*, by Christopher Germer, which delves into mindful self-compassion and shares moving stories of how it can change lives.

There has never been a time in history when educators have felt such overwhelming levels of stress, burnout, and exhaustion. Still, we depend on teachers to be a positive guiding force in our children's lives - often playing simultaneous roles as educator, parent, mental health counselor, and caring friend. For educators to fulfill these vital roles, it's abundantly clear that they need to develop resiliency both inside and outside the classroom. Written by fellow educator and mindful self-compassion expert, Lisa Baylis, MEd, this book provides educators with simple, accessible, and easy-to-use practices that will inspire them to care for themselves - instead of adding to their chaos - so they can continue doing the profession they love. Within *Self-Compassion for Educators*, busy and overwhelmed teachers can learn how to: - Reduce feelings of shame, criticism, and self-doubt - Anchor themselves to the present moment - Develop greater compassion for themselves and others - Mitigate the effects of chronic stress and develop resilience - Cultivate a sense of gratitude - Practice self-care routines that create sustainable well-being - Avoid exhaustion and burnout

"Buck up." "Stop feeling sorry for yourself." "Don't ruin everything." When you are anxious, sad, angry, or lonely, do you hear this self-critical voice? What would happen if, instead of fighting difficult emotions, we accepted them? Over his decades of experience as a therapist and mindfulness meditation practitioner, Dr. Christopher Germer has learned a paradoxical lesson: We all want to avoid pain, but letting it in--and responding compassionately to our own imperfections, without judgment or self-blame--are essential steps on the path to healing. This wise and eloquent book illuminates the power of self-compassion and offers creative, scientifically grounded strategies for putting it into action. Free audio downloads of the meditation exercises are available at the author's website: www.chrisgermer.com. See also *The Mindful Self-Compassion Workbook*, by Kristin Neff and Christopher Germer, which provides step-by-step guidance for building mindful self-compassion skills and applying them to specific life challenges, and *Teaching the Mindful Self-Compassion Program*, by Christopher Germer and Kristin Neff (for professionals). Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

This wise, eloquent, and practical book illuminates the nature of self-compassion and offers easy-to-follow, scientifically grounded steps for incorporating it into daily life. Vivid examples and innovative exercises make this an ideal resource for readers new to mindfulness.

Practice deep self compassion with a wide range of strategies. Today's the day to start loving yourself. *How to Be Nice to Yourself* makes it simple to start practicing self compassion with a wide variety of techniques and strategies that anyone can learn. Filled with easy-to-use advice drawn from a variety of sources--including meditation, mindfulness, and acceptance and commitment therapy--this book will help you find the right way to start feeling good about yourself. *How to Be Nice to Yourself: The Everyday Guide to Self Compassion* includes: Proven Strategies--Learn a variety of ways to practice self compassion daily--with meditations, writing exercises, and more. Practical Advice--Bring self compassion to your thoughts, emotions, and actions with exercises that can easily be applied to your daily life. Personalized Approach--Customize your self compassion practice with a personalized plan based on what matters to you and the kind of changes you want to see. Start loving yourself with the techniques that work best for you. You'll discover them in *How to be Nice to Yourself: The Everyday Guide to Self Compassion*.

Create a healthier and happier life by treating yourself with compassion rather than shame. Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you the way to a sense of well-being attained by understanding how to love, connect, and care for yourself—and that includes your mind as well as your body. *Body Kindness* is based on four principles. WHAT YOU DO: the choices you make about food, exercise, sleep, and more HOW YOU FEEL: befriending your emotions and standing up to the unhelpful voice in your head WHO YOU ARE: goal-setting based on your personal values WHERE YOU BELONG: body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, *Body Kindness* helps you let go of things you can't control and embrace the things you can by finding the workable, daily steps that fit you best. It's the anti-diet book that leads to a more joyful and meaningful life.

You don't need to spend years and years on a therapist's couch to improve your life for the better. Instead, you can learn how to reduce or even eliminate feelings of anxiety, stress, and depression for yourself with this workbook. This step-by-step guide, designed to support you in writing from the different parts of yourself, will walk you gently through the process of finding the roots of these feelings so you can begin to heal them. *Be the One to Heal Your Self* is based on the Internal Family Systems (IFS) model, an approach to self understanding that reveals all of us have competing sub-personalities ("parts") that are trying hard to protect us from bad feelings. IFS teaches us that our parts have good intentions, but they can never truly remove anxiety and stress from our lives. The only way to restore inner harmony is to locate your Self, or the true you that lives at the center of it all, and grow its qualities of calm, compassion, curiosity, courage, clarity, creativity, confidence, and connection. *Be the One to Heal Your Self* has specific exercises to help you go at your own pace, practical techniques for managing difficult emotions as they pop up, and strategies to change your life over the long term.

"Splitopia challenges outdated, negative assumptions about divorce with sharp wit, searing honesty, rigorous research, and intimate interviews, and offers guidance for healthier, happier splits"--

Kristin Neff PhD, is a professor in human development whose 10 years' of research forms the basis of her timely and highly readable book. *Self Compassion* offers a powerful solution for combating the current malaise of depression, anxiety and self criticism that comes with living in a pressured and competitive culture. Through tried and tested exercises and audio downloads, readers learn the 3 core components that will help replace negative and destructive measures of self worth and success with a kinder and non judgemental approach in order to bring about profound life change and deeper happiness. *Self Compassion* recognises that we all have weaknesses and limitations, but in accepting this we can discover new ways to achieve improved self confidence, contentment and reach our highest potential. Simply, easily and compassionately. Kristin Neff's expert and practical advice offers a completely new set of personal development tools that will benefit everyone. 'A portable friend to all readers ... 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

Silence your inner critic and offer yourself the kindness and acceptance you deserve with these 150 guided meditations to embracing your true self. We are often kinder to others than we are to ourselves. But self-compassion is vital to helping you understand your emotions, giving and receiving love, letting go of past mistakes, moving forward with more confidence, and so much more. Now you can cultivate and practice self-compassion through 150 guided meditations in *My Pocket Mediations for Self-Compassion*. Learn how to find and express kindness and compassion towards yourself and make peace with your emotions, build your resiliency, and learn not only to accept, but appreciate exactly who you are. Featuring meditations on self-appreciation, being body positive, accepting love, meeting your emotions, and more, this book will help you start living with more self-awareness, kindness, and peace every day.

Cultivate kindness & compassion for yourself and others! The *Self-Compassion Deck* offers 50 mindfulness-based practices for use at home, in the classroom, or therapy office. Commit to these easy, yet meaningful exercises in kindheartedness and gain a deeper appreciation for yourself and your life. The practice of self-compassion has been proven to: * Improve well-being * Regulate emotions * Reduce depression and anxiety

This is the authoritative guide to conducting the Mindful Self-Compassion (MSC) program, which provides powerful tools for coping with life challenges and enhancing emotional well-being. MSC codevelopers Christopher Germer and Kristin Neff review relevant theory and research and describe the program's unique pedagogy. Readers are taken step by step through facilitating each of the eight sessions and the accompanying full-day retreat. Detailed vignettes illustrate not only how to teach the course's didactic and experiential content, but also how to engage with participants, manage group processes, and overcome common obstacles. The final section of the book describes how to integrate self-compassion into psychotherapy. Purchasers get access to a companion website with downloadable audio recordings of the guided meditations. Note: This book is not intended to replace formal training for teaching the MSC program. See also two related resources for MSC participants and general readers, *The Mindful Self-Compassion Workbook*, by Kristin Neff and Christopher Germer, and *The Mindful Path to Self-Compassion*, by Christopher Germer.

Step by step, learn powerful mindfulness-based techniques to feel happier and more alive. Do you struggle with stress or negativity? Learn how self-compassion can help you find greater health, peace, emotional stability, and joy. Cutting-edge research shows that self-compassion is not only a skill anyone can strengthen through practice but also one of the strongest predictors of mental health and wellness. The practices in this book have been specially formulated to target and fortify what neuroscientists call the "care circuit" of the brain. Devoting thirty minutes a day for just fourteen days to these simple practices can have life-changing results. Tim Desmond's "Map to Self-Compassion" will engage your mind, heart, and spirit. It will improve your ability to motivate yourself with kindness; regulate and defuse intense emotions, anxiety, and depression; be resilient during life's challenges; let go of self-criticism and destructive behavior; heal painful experiences; and be more present and compassionate with others. Experience the benefits firsthand! Features downloadable audio recordings for on-the-go practice.

The author of *Self-Compassion* follows up her groundbreaking book with new ideas that expand our notion of self-kindness and its capacity to transform our lives, showing women how to balance tender self-acceptance with fierce action to claim their power and change the world. Kristin Neff changed how we talk about self-care with her enormously popular first book, *Self-Compassion*. Now, ten years and many studies later, she expands her body of work to explore a brand-new take on self-compassion. Although kindness and self-acceptance allow us to be with ourselves as we are, in all our glorious imperfection, the desire to alleviate suffering at the heart of this mindset isn't always gentle, sometimes it's fierce. We must also act courageously in order to protect ourselves from harm and injustice, say no to others so we can meet our own needs, and motivate necessary change in ourselves and society. Gender roles demand that women be soft and nurturing, not angry or powerful. But like yin and yang, the energies of fierce and tender self-compassion must be balanced for wholeness and wellbeing. Drawing on a wealth of research, her personal life story and empirically supported practices, Neff demonstrates how women can use fierce and tender self-compassion to succeed in the workplace, engage in caregiving without burning out, be authentic in relationships, and end the silence around sexual harassment and abuse. Most women intuitively recognize fierceness as part of their true nature, but have been discouraged from developing it. Women must reclaim their power in order to create a healthier society and find lasting happiness. In this wise, caring, and enlightening book, Neff shows women how to reclaim balance within themselves, so they can help restore balance in the world.

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing

exploration of the secrets our brains keep from us—and how they are revealed.

Throughout our lives we long to love ourselves more deeply and find a greater sense of connection with others. Our fear of intimacy—both with others and with ourselves—creates feelings of pain and longing. But these feelings can awaken in us the desire for freedom and the willingness to take up the spiritual path. In this inspiring book, Sharon Salzberg, one of America's leading spiritual teachers, shows us how the Buddhist path of lovingkindness can help us discover the radiant, joyful heart within each of us. This practice of lovingkindness is revolutionary because it has the power to radically change our lives, helping us cultivate true happiness in ourselves and genuine compassion for others. The author draws on simple Buddhist teachings, wisdom stories from various traditions, guided meditation practices, and her own experience from twenty-five years of practice and teaching to illustrate how each one of us can cultivate love, compassion, joy, and equanimity.

The Neuroscience of Empathy, Compassion, and Self-Compassion provides contemporary perspectives on the three related domains of empathy, compassion and self-compassion (ECS). It informs current research, stimulates further research endeavors, and encourages continued and creative philosophical and scientific inquiry into the critical societal constructs of ECS. Examining the growing number of electrocortical (EEG Power Spectral, Coherence, Evoked Potential, etc.) studies and the sizeable body of exciting neuroendocrine research (e.g., oxytocin, dopamine, etc.) that have accumulated over decades, this reference is a unique and comprehensive approach to empathy, compassion and self-compassion. Provides perspectives on empathy, compassion and self-compassion (ECS), including discussions of cruelty, torture, killings, homicides, suicides, terrorism and other examples of empathy/compassion erosion Addresses autonomic nervous system (vagal) reflections of ECS Discusses recent findings and understanding of ECS from mirror neuron research Covers neuroendocrine manifestations of ECS and self-compassion and the neuroendocrine enhancement Examines the neuroscience research on the enhancement of ECS Includes directed-meditations (mindfulness, mantra, Metta, etc.) and their effects on ECS and the brain

[Copyright: 540c17e1602977741c2263bb5232c2f](#)