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Self-Acceptance Project: How to be Kind and Compassionate Toward Yourself in Any Situation (Paperback)

By Various Authors

SOUNDS TRUE INC, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Even after years of spiritual practice, self-improvement, or therapy, many of us still have trouble with one essential challenge: self-acceptance. How do we stop from constantly judging ourselves as inadequate, finding fault with our bodies, or being plagued by our inner critics? The Self-Acceptance Project was created to help us find a solution. In this collection of essays, contemporary luminaries in spirituality, psychology, and creativity offer insights and teachings for truly embracing who we are no matter what our circumstances, including: - Waking Up from the Trance of Unworthiness --Tara Brach illuminates the source of self-rejection and offers a powerful process to reverse unconscious patterns - Compassion for the Self-Critic --Dr. Kristin Neff shows how self-judgment is often a misplaced but well-meaning survival instinct - Held, Not Healed --Jeff Foster on making the space to accept anything that arises with open-hearted curiosity - No Strangers in the Heart --poet Mark Nepo helps us reconnect to the sense of deep aliveness that we were born with - Taking in the Good --Dr. Rick Hanson offers effective neuroscience-based insights and practices for overcoming our negativity bias -...



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Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin