



The Mindful Self-Compassion Workbook: A Proven Way to Accept Yourself, Build Inner Strength, and Thrive

Kristin Neff, Christopher Germer

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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 *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.

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Stephanie says

I've known people who have attended Drs. Neff and Germer's 8-week MSC (Mindful Self-Compassion) program and raved about it. And I have heard recently that I would never talk to or about a friend the way I talk to or about myself, so the opportunity provided by Guilford Press and NetGalley to read "The Mindful Self-Compassion Workbook" in exchange for my honest review seemed timely, to say the least.

The book is written for the layperson, and includes stories of people who have used Neff and Germer's techniques to deal with issues of weight and body image, anxiety, interpersonal relationships—you name it, it just may be included. Their approach suggests that we all have the "seeds" of self-compassion within us, and their work is designed to help people learn to bring out our self-compassion and build inner strength via mindfulness.

I particularly like the step-by-step layout, and the use of specific exercises over a multi-week timeframe to develop the ability to minimize self-judgment and expand the ability to be kinder to oneself. There are also guided meditations, including audio downloads available to help with the practice of mindfulness.

Neff and Germer are well-known for their work in this area, and this book avoids the overly academic language that makes some readers feel even more inadequate ("I'll never get this, I can't even understand the language, let alone put it into practice"). It's both a fine introduction into the practice of mindfulness as well as an outstanding workbook to help those interested in the benefits of mindfulness to progress further over time. Five stars.

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