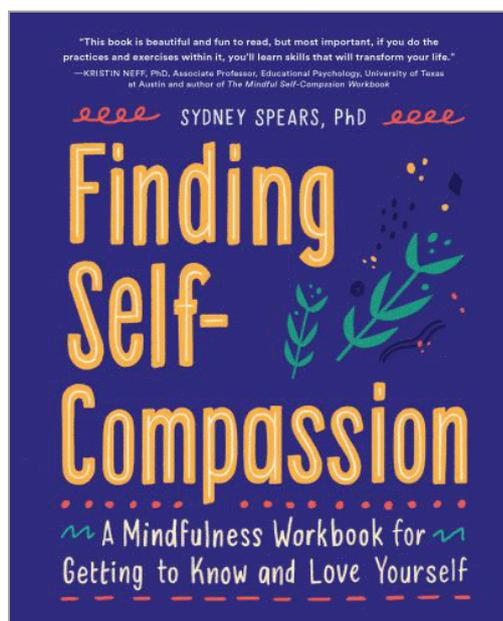

Advance Information

Finding Self-Compassion

A Mindfulness Workbook for Getting to Know and Love Yourself



Author:	Sydney Spears PhD LCSW
ISBN:	9781632174178
Imprint:	Spruce Books
BIC Category:	Diaries: letters & journals
Dimensions:	203 x 152 x 17
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Illustrations:	ILLUSTRATIONS THROUGHOUT

Selling Points:

Treat yourself with kindness! Use this guided journal to develop the skills of self-compassion: embrace your identity, overcome self-criticism, practice mindfulness, cope with self-doubt, and deal with difficult emotions.

Description:

Self-compassion is an essential skill for young adults--it relieves anxiety, lessens depression, improves overall emotional well-being, and helps you to connect more genuinely with others. This interactive guided journal offers more than 100 prompts and exercises to help: Understand who you are and embrace your whole self, Quiet your inner critic and forgive your own mistakes, Accept and process difficult feelings--learn how to be kind to yourself especially when you're feeling bad, sad, or mad, Practice mindfulness, gratitude, and acceptance--and feel happier, Embrace your common humanity--you are not alone. Ideal for teens and young adults, and compatible with CBT, DBT, and ACT principles, this guided journal takes readers on a journey of self-discovery and self-love, teaching practical, life-changing skills.