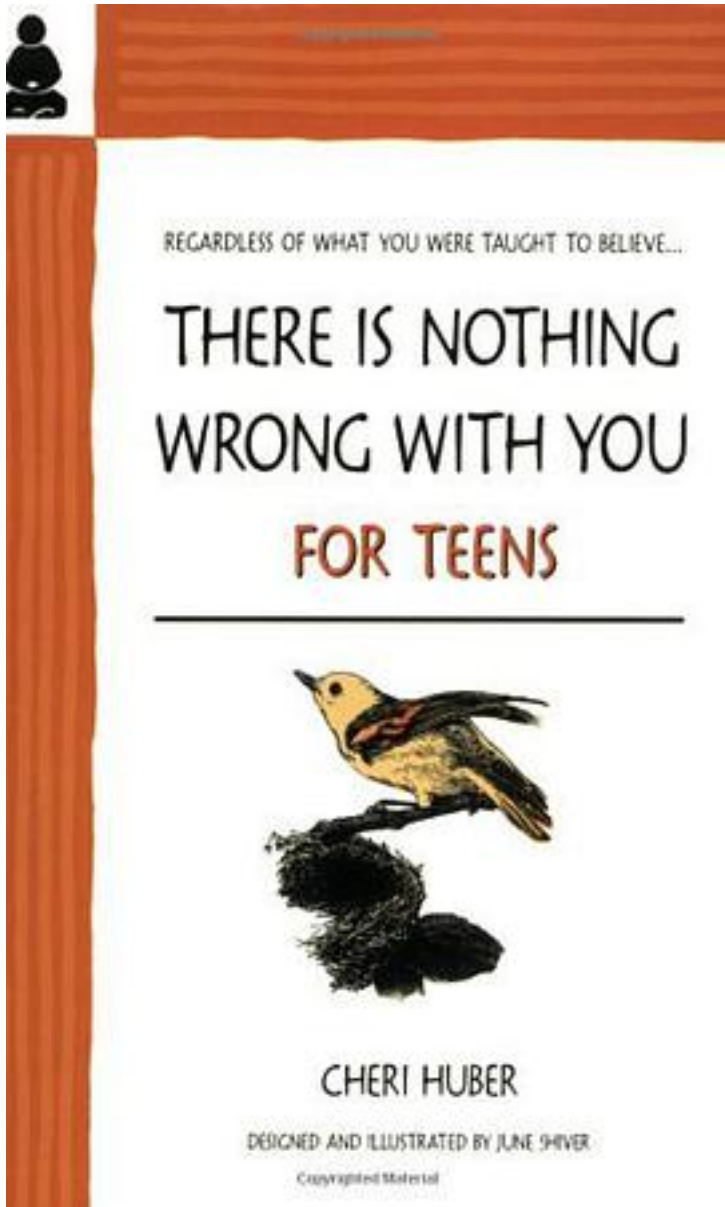


There is Nothing Wrong with You



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This book reveals the origin of self-hate, how self-hate works, how to identify it, and how to go beyond it. It provides examples of some of the forms self-hate takes, including taking blame but not credit, holding grudges, and trying to be perfect, and explores the many facets of self-hate, including its role in addiction, the battering cycle, and the illusion of control. After addressing these factors, it illustrates how a meditation practice can be developed and practised in efforts to free oneself from self-hating beliefs.

作者介绍:

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标签

心理学

评论

讲如何接受自己，包括冥想练习，讲到冥想的方法和需要的心态，很有用，可以当鸡汤常喝

查self-loathing资料的时候找到的，严格说不是心理学书籍，而是禅修书籍。但是很多观点蛮有启发意义的，比如self-hating的循环：憎恶自己（某些特征），认为“应该”改变，努力“改变”，压力暴增，用憎恨的方式“奖励”自己，固化特征。解决之道：完全接纳自己。方式：冥想，专注当下。

短小精悍，语言简单，对话式易代入，提供了改变思路，需要时间深入挖掘自我。有用，但是过于心灵导师，缺乏一些方法指导，所以理解和使用有点困难。

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书评

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