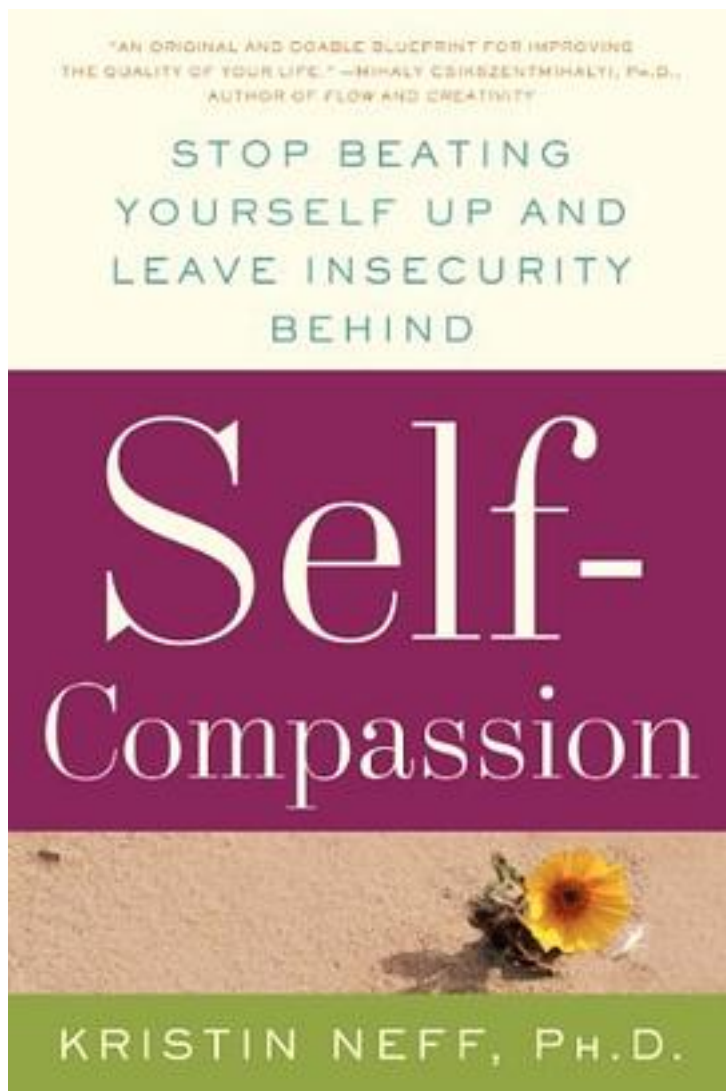


Self-Compassion



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著者:Kristin Neff

出版者:William Morrow

出版时间:2011-5-1

装帧:Hardcover

isbn:9780061733512

From leading psychologist Dr. Kristin Neff comes a step-by-step guide explaining how to be more self-compassionate and achieve your dreams in life

The relentless pursuit of high self-esteem has become a virtual religion—and a tyrannical one at that. Our ultracompetitive culture tells us we need to be constantly above average to feel good about ourselves, but there is always someone more attractive, successful, or intelligent than we are. And even when we do manage to grab hold of high self-esteem for a brief moment, we can't seem to keep it. Our sense of self-worth goes up and down like a ping-pong ball, rising and falling in lockstep with our latest success or failure.

Fortunately, there is an alternative to self-esteem that many experts believe is a better and more effective path to happiness: self-compassion. The research of Dr. Kristin Neff and other leading psychologists indicates that people who are compassionate toward their failings and imperfections experience greater well-being than those who repeatedly judge themselves. The feelings of security and self-worth provided by self-compassion are also highly stable, kicking in precisely when self-esteem falls down. This book powerfully demonstrates why it's so important to be self-compassionate and give yourself the same caring support you'd give to a good friend.

This groundbreaking work will show you how to let go of debilitating self-criticism and finally learn to be kind to yourself. Using solid empirical research, personal stories, practical exercises, and humor, Dr. Neff—the world's foremost expert on self-compassion—explains how to heal destructive emotional patterns so that you can be healthier, happier, and more effective. Engaging, highly readable, and eminently accessible, this book has the power to change your life.

作者介绍:

Dr. Kristin Neff is an Associate Professor in Human Development and Culture at the University of Texas at Austin.

During Kristin's last year of graduate school in 1997 she became interested in Buddhism, and has been practicing meditation in the Insight Meditation tradition ever since. While doing her post-doctoral work she decided to conduct research on self-compassion – a central construct in Buddhist psychology and one that had not yet been examined empirically.

Her book titled Self-Compassion was published by William Morrow in April, 2011.

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标签

心理学

积极心理学

心理

Mindfulness

英文原版

佛教

Psychology

psychology

评论

本年度对我帮助最大的书，听了好几遍，大概还会继续时不时听一下。我也知道不完美啊，但是哪有一本书是完美的嘛。一般来说读过的人评价都很好啦

:无

Written by one of the leading scholars testing the effect of self-compassion empirically, this book is filled with eye-opening concepts, han

Life-changing

Self-compassion: self-kindness, common humanity, mindfulness. Self-appreciation:

gratitude, savoring.

给别人戴上氧气罩之前，先把自己的氧气罩戴好。// 没事多听听Chapter 8

be compassion to ourselves

May I accept myself as I am; may I accept my life as it is.

接纳自己的不完美～虽然是老生常谈，但时谈时新～

一个therapist推荐的。每章节后都有作者的my stories，即作者自述自己跌宕的人生经历和如何在实践中运用self-compassion，真诚感人。其他讲technicality的部分有点啰嗦。结合最近看的其他书，似乎mindfulness是万物之宗啊 lol
(第一次用速度法看书，感觉可以

对于常年深陷self-criticism泥沼的人来说真是一剂良药……虽然在读的时候还是会质疑这是不是只是mind numbing罢了……
<https://www.youtube.com/watch?v=YFhcNPjIMjc>

关于Self-compassion和Self-esteem的讨论如醍醐灌顶

近期觉得最好的一本书吧。用自我关怀的态度对待自己，会滋生出心底的安全感。听里面讲自我批判的时候，总是想起《Inside out》里面的disgust，虽然她戏份可能是最少的吧，我却逐渐发现好多人的痛苦其实来源于自己对自己的厌弃。如果你曾经在自己心里听过类似这样的声音：“我怎么这么不上进/软弱/消极/没出息/内向/没自控力/不好看/不阳光/……”（反正就是总有一款/N款让你讨厌自己的缺点吧），不妨读读这本书吧～～

教你自己珍爱自己的重要性以及方法，归纳在积极心理学的旗下。

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书评

这是一本非常好的书，希望那些追求完美总是苛责自己的人读到它，学会善待自己，过得平静幸福。
敞开胸怀，感到万物相通生命不息，这是当你感到有责任对别人同情时颇好的感觉。责任，包含了包容和没有条件的接纳，怎样的个体都值得同情。“同情不只与那些无辜的受害者有关，它...

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