

The Mindful Self-Compassion Workbook

A PROVEN WAY
TO ACCEPT YOURSELF,
BUILD INNER STRENGTH,
AND THRIVE



Kristin Neff, PhD | Christopher Germer, PhD

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to Accept Yourself, Build
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(pdf) Kristin Neff**

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Synopsis book

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 [Teaching the Mindful Self-Compassion](#)

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