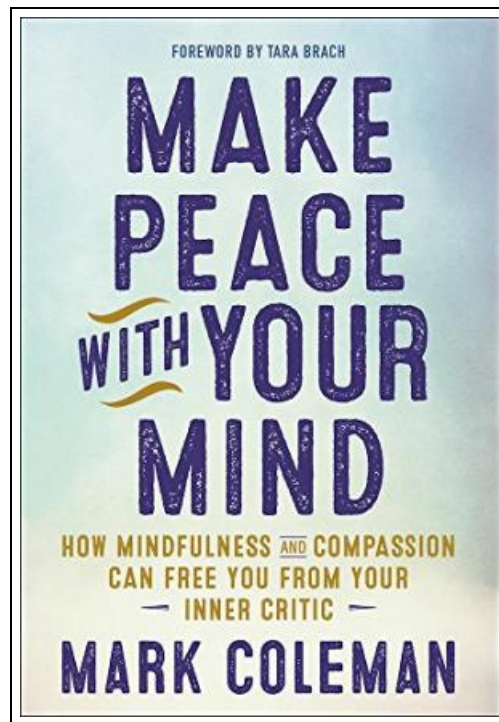


You Are Not Your Fault: How Mindfulness and Compassion Can Free You from Your Inner Critic



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Reviews

This is the very best pdf i actually have study right up until now. I could possibly comprehended almost everything using this created e book. Your daily life span will be enhance as soon as you total looking over this publication.
(Prof. Johnson Rutherford)

YOU ARE NOT YOUR FAULT: HOW MINDFULNESS AND COMPASSION CAN FREE YOU FROM YOUR INNER CRITIC



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New World Library. Paperback. Condition: New. 256 pages. Dimensions: 1.1in. x 0.0in. x 1.1in. The voice of the Inner Critic is pervasive. It is perhaps the number one source of unhappiness and suffering in the modern world. The good news is you can do something about this tyrant who threatens to torment you on every step of your life journey. With the concrete and proven tools presented in *You Are Not Your Fault*, you can develop the awareness and compassion necessary to take control of your inner judge and create a more peaceful, joyful existence. At its worst, the Inner Critic urges us to buy into a twisted version of reality, one in which we are never good enough, we aren't worthy, and we can never atone for our mistakes or forgive those of others. It won't let you forget that you messed up whether you made a wrong turn, bet on a losing stock, or chose the crazy person to date. Unable to forgive ourselves, we also find ourselves lacking the ability to truly forgive others. Sometimes the Critic takes on a friendlier tone, yet this can prove just as insidious. The tyrant disguises itself as a helpful coach who says things like you really should try harder and you can do better. But these messages undermine our wellbeing and self-esteem. The Critic also drives the habit of comparing, reminding us there is always someone smarter, younger, thinner, kinder, wealthier, more talented and more successful out there. What gives the Inner Critic its power is the way it tunes into our inner world, attacking who we are at our essence. Driven by its intimate knowledge of our weaknesses and insecurities, we end up in a bitter, panicked, and endless quest to get more and be more of anything and everything: grander houses,...



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