



# **The Power of Self-Compassion: Using Compassion-Focused Therapy to End Self- Criticism and Build Self-Confidence (The New Harbinger Compassion-Focused Therapy Series)**

*Mary Welford DClInPsy*

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Mary Welford DClInPsy

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If someone told you that you have low self-esteem, would it cause you to bristle? For many, the very concept of self-esteem has negative connotations, because it calls to mind the comparisons we make between ourselves and others. So how do you build real self-confidence?

In *The Power of Self-Compassion*, you will learn that focusing on self-compassion, rather than self-esteem, is actually the best way to build true, lasting self-confidence. For too long self-esteem has been based on the idea that if you achieve certain goals you are doing okay. This can lead to comparing yourself with others as a way to build confidence. The skills and behavioral techniques outlined in this book are drawn from the groundbreaking compassion-focused therapy (CFT), which holds that being compassionate to yourself—even when things are not going well—is central to building real self-confidence.

With compassion-focused therapy, you will adopt an accepting attitude about your strengths and weaknesses, and a commitment to change that doesn't depend on being overly critical of yourself or comparing yourself with others. In addition, you will learn how the concept of self-confidence fits in the context of our evolution, biology, and life experiences.

If you are looking to improve your self-confidence, the behavioral steps provided in this book can help you focus on the areas in your life that need improvement, so that you can build a stronger sense of self-worth and competence.

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Spent a free the perfect time to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they accomplishing activity like watching television, going to beach, or picnic within the park. They actually doing same every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could possibly be reading a book may be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to test look for book, may be the reserve untitled The Power of Self-Compassion: Using Compassion-Focused Therapy to End Self-Criticism and Build Self-Confidence (The New Harbinger Compassion-Focused Therapy Series) can be fine book to read. May be it might be best activity to you.

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