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## A Year of Self-Compassion: Finding Care, Connection and Calm in Our Challenging Times

By Amanda Super

Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, A Year of Self-Compassion: Finding Care, Connection and Calm in Our Challenging Times, Amanda Super, Many of us are familiar with the concept of compassion when directed towards others. Fewer of us know how to show compassion to ourselves. A Year of Self-Compassion is a guide for readers to understand the key components of self-compassion, while also helping them to actively engage in the process of developing it for themselves. This reflective journal has been created to enable readers to build the foundations of compassion for themselves and towards others. It is based on the latest research and most up-to-date knowledge in the field of self-development. Considering the wise, yet practical reflections offered in this journal, the reader can develop compassion for themselves and instantly feel the benefits to their health and well-being. This book also teaches readers how to be kinder to themselves, despite life's challenges, and how to connect authentically to others. Furthermore, this journal develops the reader's knowledge and understanding of mindfulness practice in a way that allows feelings to be present yet not to overwhelm. A Year of Self-Compassion introduces readers to the concept of self-compassion by way of...



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