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Self-compassion - Official Site

Kristin Neff, Ph.D. is widely recognized as one of the world's leading experts on self-compassion, being the first one to operationally define and measure the construct over a decade ago.

Self-Compassion: The Proven Power of Being Kind to Yourself

Kristin Neff, Ph.D., says that it's time to stop beating yourself up and leave insecurity behind. Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life.

Self-Compassion Exercises by Dr. Kristin Neff

Amazon Bestseller and #1 New Release in Social Work
The Mindful Self-Compassion Workbook by Kristin Neff and Chris Germer: The seeds of self-compassion already lie within you this workbook will help you uncover this inner resource and transform your life.

Dr Kristin Neff (@self_compassion) | Twitter

The latest Tweets from Dr Kristin Neff

(@self_compassion), Associate Professor, University of Texas at Austin. Self-compassion researcher, author & co-developer of the Mindful Self-Compassion program. Austin, Texas

9 Self-Compassion Exercises & Worksheets for Increasing ...

These self-compassion exercises come from the brilliant mind of the leading expert on self-compassion: Dr. Kristin Neff. Read on to learn about six of her best exercises for enhancing your self-compassion.

Self-Compassion: The Proven Power of Being Kind to ...

Self-compassion is a revolutionary new idea—a better idea—pioneered by the author, Kristin Neff, with profound implications for how to live our lives. (Christopher K. Germer, Ph.D., author of *The Mindful Path to Self-Compassion*)

Self-compassion: The Proven Power of Being Kind to ...

Kristin Neff, Ph.D., says that it's time to stop beating yourself up and leave insecurity behind. Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life.

What is Self-Compassion and Self-Love? (Definition, Quotes ...

What is the Meaning of Self-Compassion and Self-Love?

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(A Definition) Self-compassion and self-love are two related, but distinct, concepts. Self-compassion can be defined as being kind and understanding when confronted with personal failings (Neff, n.d.).