

# An Open Heart: Practicing Compassion in Everyday Life // Dalai Lama, Nicholas Vreeland // Little, Brown, 2008 // 2008 // 9780316045834 // 208 pages

Kristin Neff's extraordinary book, *Self-Compassion: The Proven Power of Being Kind to Yourself*, offers expert advice on how to limit self-criticism and offset its negative effects to help you achieve your highest potential and find more contentment from life. In this highly engaging, readable, and accessible book, Neff uses solid empirical research, personal stories, and a little bit of humor to explain how we can heal destructive emotional patterns to become healthier, happier, and more effective. The Proven Power of Being Kind to Yourself offers practical exercises and action plans for dealing with self-criticism. Notify me when the book's added. Impression. Add to shelf. Already read. Report an error in the book. Share. Facebook. Twitter. V Kontakte. To read this book, upload an EPUB or FB2 file to Bookmate. How do I upload a book? Search on Google. About. How Animals Saved My Life: Being the Supervet Hardback Noel Fitzpatrick. £8.69. Trending at £9.45. Hardback Books in English Dalai Lama. An Open Heart: Practicing has been added to your Cart. Add a gift receipt for easy returns. Buy used. I have read a few books on Compassion, some by the Dalai Lama and others by different authors. This one is really in layman's language making reading and understanding very simple. I love this book, the teaching and the practicing of mindfulness along with mediation have always held my interest though i have not really been good at mediating.