



The Compassionate Mind Approach to Building Self-Confidence

By Mary Welford, Paul Gilbert

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Compassionate Mind Approach to Building Self-Confidence, Mary Welford, Paul Gilbert, Many of us have a tendency to measure our self-worth by comparing ourselves to others. But when we fail to reach our own, families, communities or societies 'ideals' this often results in feelings of inadequacy, anxiety and low mood. We may become self-critical, experience shame and a sense of being different from others. Although an improvement in 'self-esteem' is what we may feel we want this is not necessarily what we need. This is because self-esteem is often associated with times when things are going well but can fail us when things do not go to plan. In contrast self-confidence, built from self-compassion, can help us when things are going well and make us more resilient when things are difficult. This book uses the ideas and practices of Compassion Focused Therapy to help build self-confidence. Attention is also paid to difficulties that often come hand in hand with lack of self-confidence such as anxiety, depression, substance use and anger.



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Reviews

Basically no phrases to clarify. It really is rally fascinating throgh reading time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Anabel Zmlak**

This is the best publication we have study till now. It is writter in basic terms and not difficult to understand. I am effortlessly will get a satisfaction of studying a written pdf.

-- **Jasen Roberts**

The Compassionate Mind Workbook is for anyone who is interested in how compassion - in the form of ideas and practices derived from Compassion Focused Therapy (CFT) and other approaches - may help us to engage with, understand and ultimately, try to alleviate suffering. CFT utilises both Buddhist practices and Western psychological science. This self-help book is based on the Compassionate Mind Approach. PURCHASE BOOK. The Compassionate Mind Approach to Building Self-Confidence " Mary Welford. The aim of this self-help book is to help the reader to recognize the ways in which they are self-critical and to understand the impact it may be having on their life.