



The Self-Acceptance Project: How to Be Kind and Compassionate Toward Yourself in Any Situation

By Various Authors

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Even after years of spiritual practice, self-improvement, or therapy, many of us still have trouble with one essential challenge: self-acceptance. How do we stop from constantly judging ourselves as inadequate, finding fault with our bodies, or being plagued by our inner critics? *The Self-Acceptance Project* was created to help us find a solution. In this collection of essays, contemporary luminaries in spirituality, psychology, and creativity offer insights and teachings for truly embracing who we are no matter what our circumstances, including:

- “Waking Up from the Trance of Unworthiness”—Tara Brach illuminates the source of self-rejection and offers a powerful process to reverse unconscious patterns
- “Compassion for the Self-Critic”—Dr. Kristin Neff shows how self-judgment is often a misplaced but well-meaning survival instinct
- “Held, Not Healed”—Jeff Foster on making the space to accept anything that arises with open-hearted curiosity
- “No Strangers in the Heart”—poet Mark Nepo helps us reconnect to the sense of deep aliveness that we were born with
- “Taking in the Good”—Dr. Rick Hanson offers effective neuroscience-based insights and practices for overcoming our “negativity bias”
- “Transforming Self-Criticism into Self-Compassion”—Dr. Kelly McGonigal reveals practical strategies for changing the habitual way we treat ourselves

Why is it often so much easier to feel compassion and forgiveness toward others than toward ourselves? Where do our self-critical voices come from? Can we be motivated to grow and excel while still accepting ourselves as we are? In these 19 offerings, some of today’s most trusted teachers share their most valuable practices and techniques for building confidence, transforming our relationship with our inner critics, and using any circumstance as an opportunity to treat ourselves with kindness, compassion, and love.

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Editorial Review

Review

"Simon, founder and publisher of Sounds True, has put together a compendium of writings from well-known physicians and spiritual guides (e.g., Mark Nepo, *Facing the Lion*; Tara Brach, *Radical Acceptance*) on the topic of healing one's self-critic. Simon divides the essays into the facets of practicing, embodying, and awakening self-acceptance, which provides readers with a wide range of strategies for coming to terms with shame, embracing the good, the bad, and the ugly, and transforming self-criticism into self-compassion. - VERDICT Persons plagued by self-doubt will undoubtedly find comfort in these encouraging readings."

—**Library Journal**

"This is a powerful collection of writings by twenty leading figures in the fields of spirituality and psychology. Tara Brach talks about 'radical self-acceptance' and 'being at war with oneself'. Dr. Friedemann Schaub points out that life has become a 'race with no apparent finish line'. Steven C. Hayes discusses the power of 'observing our own emotions'. Jay Earley explains how our Inner Critic is actually trying to help us. Judith Blackstone takes an in-depth look at what it means to fully 'inhabit our body'. Bruce Tift warns of the danger of internalizing the ability to 'disown aspects of ourselves'. Jeff Foster talks about 'saying YES to the present moment'. Mark Nepo explains why 'meeting the world with my heart' is a courageous act. Rick Hanson celebrates the ability to 'change your brain for the better'. All of it is aimed at making readers feel more comfortable in their skins. Practical as well as philosophical, this compassionate view of mankind is a welcome antidote to today's often ego-battering world."

—**Anna Jedrzejewski, *Retailing Insight***

"Unconditional self-acceptance, being kind to ourselves no matter what is happening in our lives, is a human capacity that changes everything. It changes how we treat ourselves day to day, how we take risks, how we love, how we create, and how we make space for what seems "unacceptable" in others."

— **Tami Simon**

(back cover quote)

About the Author

Tami Simon founded Sounds True at the age of 22 with the mission of disseminating spiritual wisdom. As a pioneer in the conscious business movement, she focuses on bringing authenticity and heart into the workplace while honoring multiple bottom lines. Tami hosts a popular weekly podcast called *Insights at the Edge*, where she has interviewed many of today's leading teachers, delving deeply into their discoveries and personal experiences on their own journeys. With Sounds True, she has released the audio program *Being True: What Matters Most in Work, Life, and Love*.

Users Review

From reader reviews:

Ann Lemieux:

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