

SELF COMPASSION BOOK KRISTIN NEFF



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Self compassion Wikipedia

Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering. Kristin Neff has defined self-compassion as being composed of three main components self-kindness, common humanity, and mindfulness. Barring superficial semantic distinction, it is similar to self-acceptance notion in CBT or Morita therapy.

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This website provides information about self-compassion, and is intended for students, researchers, and the general public. Dr. Kristin Neff is an Associate Professor in Human Development and Culture, Educational Psychology Department, University of Texas at Austin.

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