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Kristin Neff and Self-Compassion.org. For more information and resources on self-compassion, check out Kristin Neff s page at self-compassion.org. It s got definitions, examples, exercises, and suggestions for further reading that can help you learn all there is to know about self-compassion. Click here to see the research on self-compassion.

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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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