



# **The Power of Self-Compassion: Using Compassion-Focused Therapy to End Self- Criticism and Build Self-Confidence (The New Harbinger Compassion-Focused Therapy Series)**

*Mary Welford DClInPsy*

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If someone told you that you have low self-esteem, would it cause you to bristle? For many, the very concept of self-esteem has negative connotations, because it calls to mind the comparisons we make between ourselves and others. So how do you build real self-confidence?

In *The Power of Self-Compassion*, you will learn that focusing on self-compassion, rather than self-esteem, is actually the best way to build true, lasting self-confidence. For too long self-esteem has been based on the idea that if you achieve certain goals you are doing okay. This can lead to comparing yourself with others as a way to build confidence. The skills and behavioral techniques outlined in this book are drawn from the groundbreaking compassion-focused therapy (CFT), which holds that being compassionate to yourself—even when things are not going well—is central to building real self-confidence.

With compassion-focused therapy, you will adopt an accepting attitude about your strengths and weaknesses, and a commitment to change that doesn't depend on being overly critical of yourself or comparing yourself with others. In addition, you will learn how the concept of self-confidence fits in the context of our evolution, biology, and life experiences.

If you are looking to improve your self-confidence, the behavioral steps provided in this book can help you focus on the areas in your life that need improvement, so that you can build a stronger sense of self-worth and competence.

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