



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

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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.

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 20 offerings, some of today's most trusted teachers share valuable practices and techniques for building confidence, transforming our relationships with our inner critics, and cultivating kindness and compassion toward ourselves on a consistent basis.

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