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Psych Up Live
Thursday at 11 AM Pacific
March 29th 2018: Encore: The Proven Benefits of Self-Compassion in Daily Life

In this episode Dr. Kristin Neff, widely recognized as one of the world's leading experts on self-compassion, draws upon her personal introduction to self-compassion, her years of pioneering research, and her book "Self-Compassion: The Proven Power of Being Kind to Yourself," to offer listeners an understanding of this powerful but often misunderstood and overlooked resource. In an interesting and useable way she defines self-compassion and compares it with self-pity and self-esteem. She demonstrates the power of self-compassion to enhance self-knowledge and motivation and describes and exemplifies

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Featured Guest



Dr. Kristin Neff

Dr. Kristin Neff is an Associate Professor of Educational Psychology at the University of Texas at Austin. She is a pioneer in the field of selfcompassion research, conducting the first empirical studies on selfcompassion over a decade ago. In addition to writing numerous academic articles and book chapters on the topic, she is author of the book SelfCompassion: The Proven Power of Being Kind to Yourself, released by William Morrow. In conjunction with Dr. Chris Germer, she has developed an empirically supported eightweek training program called Mindful SelfCompassion, and offers workshops on selfcompassion worldwide. An eightweek online selfcompassion training program is also available th

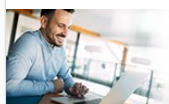
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