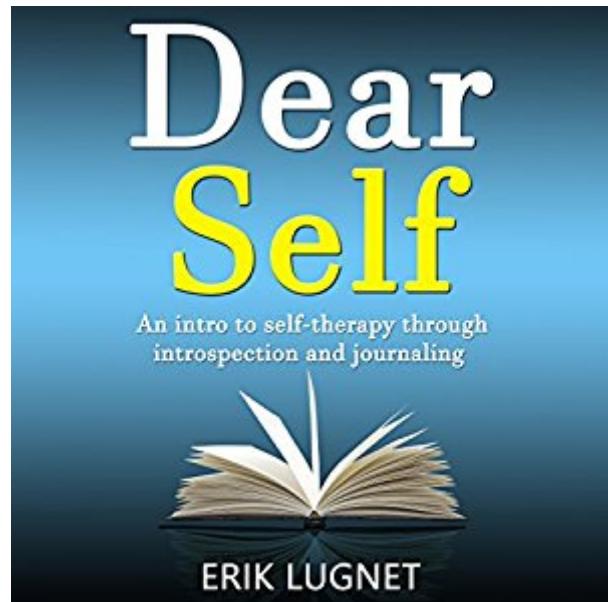


The book was found

# Dear Self: An Intro To Self-Therapy Through Introspection And Journaling



## Synopsis

Life can be difficult sometimes. It is not made easier by the sometimes overwhelming inner voices that criticize us into oblivion. How do you deal with the loud voice that tells you that you are worthless, unattractive or just bad? It can be tempting to brush these voices aside and carry on with your day as if they aren't there. Or succumb to their attacks on you, and just assume that you can do nothing to stop them. What if I told you that there is a third way? Dear Self is an introduction to a method that can help you to deal with critical voices and anxieties. By being curious and open, you can explore the landscape of your mind, and find out what is happening inside your head. This method is a multifunctional tool that can be employed in many, many different situations. It is easy and inexpensive. All you need is a commitment to exploration, a pen and a journal.

## Book Information

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## Customer Reviews

This little book is a great introduction to self-work and journaling. The author has a very kind and patient tone that will inspire you to be kind and patient with yourself. I particularly enjoyed the journaling self-talk examples, a thoughtful examination of how to explore your inner critics and how to negotiate with them. It's a quick and worthwhile read that is so gentle and empathetic. Very helpful. :)

In particular I enjoyed the author's courage. This is a great introduction to self-therapy and will serve anyone looking to take greater responsibility of their lives.

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