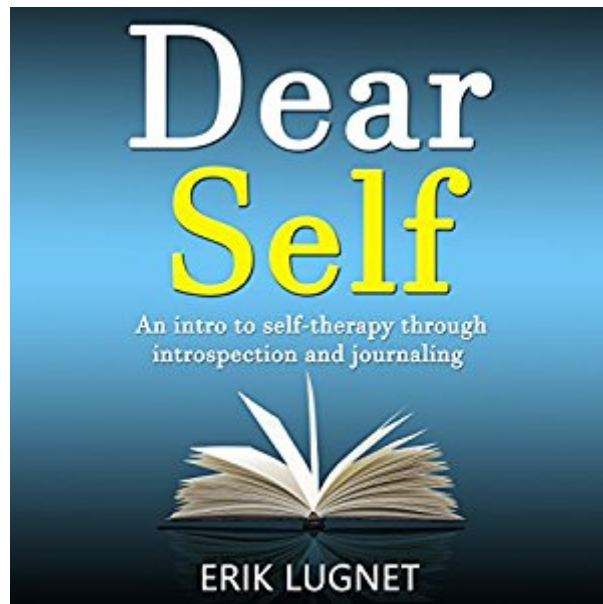


The book was found

# 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

Audible Audio Edition

Listening Length: 44 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Erik Lugnet

Audible.com Release Date: August 23, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01KU28BH6

Best Sellers Rank: #110 in Books > Self-Help > Inner Child #6271 in Books > Audible

Audiobooks > Health, Mind & Body > Self-Help

## 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.

[Download to continue reading...](#)

Dear Self: An Intro to Self-Therapy Through Introspection and Journaling 125 Creative Journal Writing Prompts: Journaling Ideas and Motivation for Success (Journaling bible, Journaling prompts) Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Psychotherapy and Religion in Japan: The Japanese Introspection Practice of Naikan Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Faith Books & Spiritual Journaling: Expressions of Faith through Art (Quarry Book) Dear Prostate ... I Thought You Were My Friend: One Man's Journey Through Prostate Cancer and Beyond Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Family Ties That Bind: A self-help guide to change through Family of Origin therapy (Personal Self-Help Series) Swift Development for the Apple Watch: An Intro to the WatchKit Framework, Glances, and Notifications Intro to Paleo: Quick-Start Diet Guide to Burn Fat, Lose Weight, and Build Muscle Pilates Six Pack Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Modern Essentials Bundle - Modern Essentials \*7th Edition\* a Contemporary Guide to the Therapeutic Use of Essential Oils, an Intro to Modern Essentials, Reference Card, and Aroma Designs Bookmark Intro To Army Life: A Handbook for Spouses and Significant Others Entering the Army Lifestyle Coloring Journal (black): Therapeutic journal for writing, journaling, and note-taking with coloring designs for inner peace, calm, and focus (100 ... and stress-relief while writing.) (Volume 11) Introduction to Adobe FrameMaker 9 for Windows: A WordWorx EZ Intro to Learning Unstructured FrameMaker

[Dmca](#)