

Dealing with yourself in a friendly way



Andreas Knuf
Don't Be So Hard on Yourself

[Sei nicht so hart zu dir selbst]
Self-compassion in good and in bad times

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Andreas Knuf, born in 1966, is a psychotherapist with a doctorate in psychology. He has his own psychotherapy practice, where he is also active in training and supervision. He already has numerous publications on mental health, self-help, and mindfulness to his credit.

Hardly anyone is as strict with us as we are ourselves. Psychotherapist and successful author Andreas Knuf shows how, by way of self-compassion, we can stop constant self-judgment, and how we can better deal with painful experiences. Through self-compassion, we create an attitude to ourselves characterised by friendliness, mindfulness, and a knowledge of the suffering that is part of life.

In this book, the author presents a very concrete, everyday-oriented path to cultivating self-compassion and explains why it is more important than self-esteem or self-acceptance. Along with exercises, he presents strategies and forms of self-reflection that we can make part of the routine of everyday life.

- Why self-compassion is more important than self-esteem
- A concrete, everyday-oriented guide for dealing with ourselves in a sympathetic way
- Over 10,500 copies sold