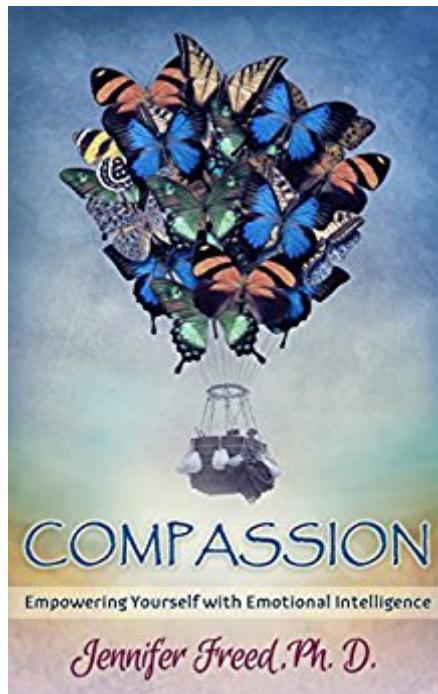


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COMPASSION: Empowering Yourself With Emotional Intelligence (BECOME YOUR BEST SELF Book 2)



Synopsis

A practical workbook to examining and developing your compassionate selfWe all make assumptions about individuals or groups that are outside our immediate familial and social circles. These unquestioned beliefs function as à œblind spotsâ • that hold us back and harm our personal strength.The Compassion Workbook offers effective and insight-provoking exercises and journal opportunities that expose these assumptions, allowing the reader to examine biases and stereotypes they live by. Reconsider stereotypes and bullying, develop sensitivity and adapt more aware and compassionate ways of being in the world.An essential read for young people and a tool that brings real change to your life!Compassion Workbook is Book Two in the Become Your Best Self series, from New York Times Bestselling Author Dr. Jennifer Freed (Ph.D), licensed marriage, family, and child therapist with twenty years of experience in psychotherapy, as well as a professional astrologer and founder of Astrological Counseling Seminars, an institute for astrological psychology.Try these action-oriented exercises and journal opportunities, and feel the difference in no time!Get your copy of COMPASSION now!

Book Information

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Customer Reviews

Emotional intelligence is one of the main ingredients to live a happy and successful life. Dr. Freed's book is a must read for those who appreciate the need for compassion and self love. It is literally a "how to" learn to live a life that allows you to love yourself and others.

Now is the time to read Dr. Freed's powerful and insightful book. In light of the recent events in our country I cannot think of a more salient topic! Like all of her writings this book is clear, direct, and inspiring. She makes the more difficult tasks of our humanity accessible and possible!

No one has ever written a more practical, user-friendly guide on the subject of compassion. Dr. Freed helps the reader turn observations and feelings into words and deeds that heal and make a difference. And there is no one more qualified to do it. Having dedicated her life to teaching action-based compassion, Dr. Freed brings her signature humor and heart to every page. A must read!

Dr Freed' book is a must read to enable your teenager to develop social-emotional intelligence. It is accessible, engaging, empowering and most importantly, effective in building self knowledge, empathy, compassion and a mature knowledge of self and other. Great for the entire family. Dr. H

Anyone who has been a teenager or is raising young adults must read this book, especially in this critical time in our society. If we learn compassion and how to instill this in our children then we all live in a more peaceful world.

There is not a more timely subject nor a more thoughtful and articulate author. Rather than sink into despair, please read Dr. Freed's book and "Be the change you wish to see in this world" -Gandhi

This book offers clear guidance, and accessible, practical information that can put into practice right away. Compassion can be an elusive quality to cultivate, often written about in lofty manner, and the practices make seem hard-to-attain. This book is fun to read, and it has inspired in me, a shift in perspective which allows me to focus on being my best, most compassionate self.

In a time when the world needs it the most, Dr. Freed has delivered a powerful, engaging and social-emotional book for understanding and compassion. Every human being on Earth must read this!

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