



Building A Compassionate Relationship With Yourself

Kim Fredrickson

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Building a Compassionate Relationship with Yourself provides: ~ Insight into the ways we lack compassion for ourselves, how that impacts us, and how we can speak God's truth and grace into our lives ~ An understanding of how we become divided against ourselves on the inside, and ways to heal this ~ Ways to build inner strength and help heal from life's hurts ~ Scripts of how to respond compassionately to yourself when you don't have the words to say ~ What it looks like to have a gracious compassionate relationship with yourself in the areas of self-talk, self-soothing, and self-care ~ The Biblical foundation that self-compassion is based upon ~ Practical exercises and tools you can use to build this relationship with yourself ~ Places for you to write down your thoughts and feelings



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