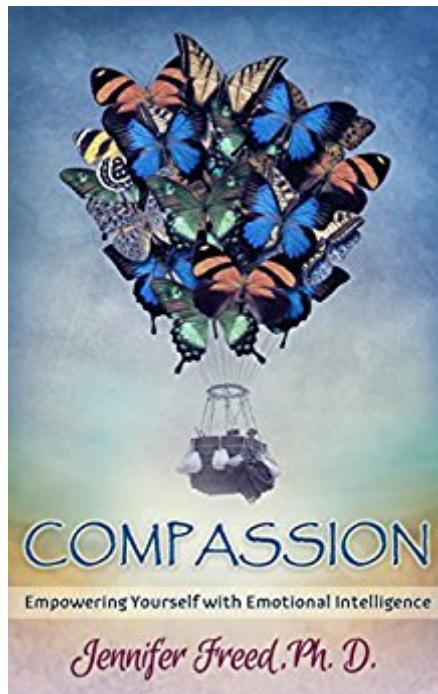


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# COMPASSION: Empowering Yourself With Emotional Intelligence (BECOME YOUR BEST SELF Book 2)



## 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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COMPASSION: Empowering Yourself with Emotional Intelligence (BECOME YOUR BEST SELF Book 2) Emotional Intelligence: A Practical Guide For Emotional Skills And Interpersonal Communication (Emotional Intelligence, Emotional Skills, Interpersonal Emotions, Mindfulness) 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) Emotional Intelligence: Master Your Emotions- Raise Your EQ, Critical Thinking and Optimize Your Life (Emotional Intelligence, Critical thinking, EQ) 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 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) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness Impossible Compassion: Utilizing Directed Compassion to Cure Disease, Save the Environment, Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else Communicating With Intelligence: Writing and Briefing in the Intelligence and National Security Communities (Security and Professional Intelligence Education Series) It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) 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) Self-Compassion: The Proven Power of Being Kind to Yourself Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! (EQ Mastery) Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! Healthcare Business Intelligence, + Website: A Guide to Empowering Successful Data Reporting and Analytics CODEPENDENCY: 12 Steps to Break Free From Manipulation & Emotional Abuse And Start Enjoying Healthy Relationships & Self Confidence

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