

## **Self-Acceptance Psychology Resource List**

### **- Topics: Shame and Compassion**

Brach, T. (2003) *Radical Acceptance: Embracing Your Life With the Heart of a Buddha*. New York: Bantam Dell

Breggin, P.R. (2014) *Guilt, Shame and Anxiety: Understanding and Overcoming Negative Emotions*. Amherst, NY: Prometheus Books

Brown, B. (2012) *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*. New York: Penguin Random House

Brown, B. (2007) *I Thought it Was Just Me (But it Isn't): Making the Journey from "What Will People Think" to "I Am Enough."* New York: Gotham

Brown, B. (2010) *The Gifts of Imperfection*, Center City, MN: Hazelden

DeYoung, Patricia A. (2015) *Understanding and Treating Chronic Shame: A Relational/ Neurobiological Approach*. New York: Routledge

Germer, C.K.: For a complete list of publications: [www.mindfulselfcompassion.org](http://www.mindfulselfcompassion.org)

Germer, C.K. (2009) *The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions*. New York: Guilford

Gilbert, P., & Procter, S. (2006) Compassionate mind training for people with high shame and self-criticism: overview and pilot study of a group therapy approach. *Clinical Psychology and Psychotherapy*, 13, 335-379. DOI: 10.1002/cpp.507

Gilbert, P., ed. (2008) *Compassion: Conceptualisations, Research and Use in Psychotherapy*. London, UK: Routledge

Gilbert, P. (2010) *Compassion Focused Therapy*. London, UK & New York, NY: Routledge

Gilbert, P. (2010) *Training Our Minds in, with, and for Compassion: An Introduction to Concepts and Compassion-Focused Exercises*. (Available at [www.compassionfocusedtherapy.com](http://www.compassionfocusedtherapy.com))

Gilbert, P. (2013) *The Compassionate Mind*. London, UK: Constable

Gilbert, P. & Choden (2014) *Mindful Compassion*. Oakland, CA: New Harbinger Publications

Horwitz, A.V., & Wakefield, J.C. (2012) *All We Have to Fear: Psychiatry's Transformation of Natural Anxieties into Mental Disorders*. New York, NY: Oxford University Press

Kolts, Russell L., PhD (2016) *CFT Made Simple*. Oakland, CA, New Harbinger Publications

Neff, K. (2011) *Self-Compassion: The Proven Power of Being Kind to Yourself*. New York, NY: William Morrow

Neff, K.: For a complete list of research articles by Dr. Kristin Neff and colleagues on self-compassion: <http://self-compassion.org/the-research/>

Segal, J. (2015) *Feeling Loved: The Science of Nurturing Meaningful Connections and Building Lasting Happiness*. Dallas, TX: BenBella Books

Also: [www.HarperWest.co](http://www.HarperWest.co)