Self-Acceptance Psychology Resource List
- Topics: Shame and Compassion


Germer, C.K.: For a complete list of publications: www.mindfulselfcompassion.org


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


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


Also: www.HarperWest.co