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I love this exercise from Steve Flowers and Bob Stahl in “Living with Your Heart Wide Open”. This is a book I’d also recommend for those of you who would like to cultivate more mindfulness and compassion in your lives, while freeing yourselves from unworthiness, inadequacy and shame.

(Living with Your Heart Wide Open: How Mindfulness

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Living with your heart wide open | Find Your Middle Ground

In Living with Your Heart Wide Open, you'll discover how mindfulness and self-compassion can free you from the thoughts and beliefs that create feelings of inadequacy and learn to open your heart to the loving-kindness within you and in the world around you. Based in Western psychotherapy and Buddhist psychological principles, this book guides you past painful and self-limiting beliefs about yourself and toward a new perspective of nonjudgmental awareness and acceptance of who you are

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Bing: Living With Your Heart Wide

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