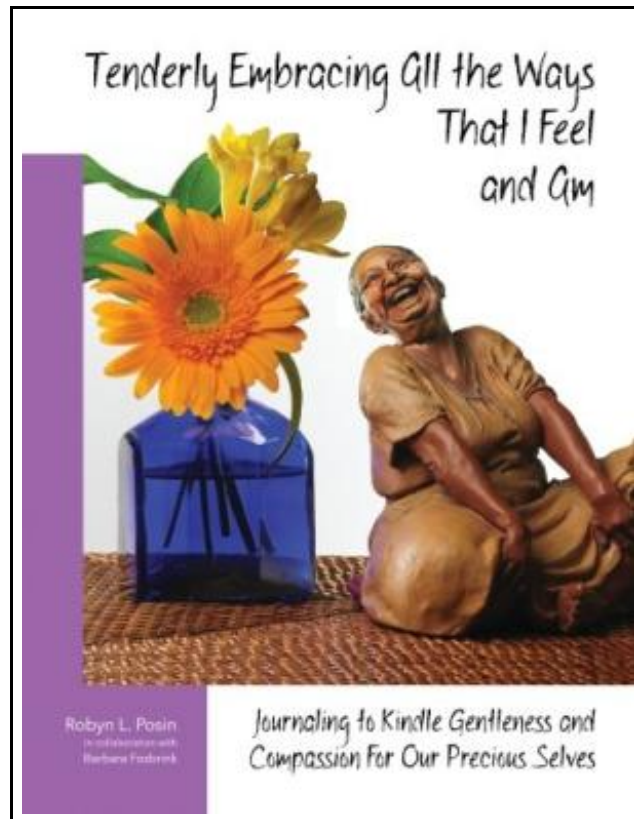


# Tenderly Embracing All the Ways That I Feel and Am: Journaling to Kindle Gentleness and Compassion for Our Precious Selves



Filesize: 8.05 MB

## ***Reviews***

*This written publication is fantastic. This can be for anyone who statte that there had not been a well worth reading through. I realized this pdf from my i and dad recommended this publication to discover.*

***(Maye Schoen)***

## TENDERLY EMBRACING ALL THE WAYS THAT I FEEL AND AM: JOURNALING TO KINDLE GENTLENESS AND COMPASSION FOR OUR PRECIOUS SELVES



Compassionate Ink. Paperback. Book Condition: New. Paperback. 266 pages. Dimensions: 11.0in. x 8.5in. x 0.6in. Throughout *Tenderly Embracing All the Ways that I Feel and Am: Journaling to Kindle Gentleness and Compassion for Our Precious Selves*, done in collaboration with Barbara Fosbrink, you'll find words and images that invite you to dive deeply into your self as you journal. They provide inspiration for you to explore the many different and, perhaps, cut off or suppressed aspects of your self that constitute what might be called your inner family. They encourage you to explore the various voices that either keep a running background commentary going in your head or else languish unattended by you. As you engage in journal dialog with (perhaps even name) these parts of your self, you can begin to bring to consciousness the processes that usually direct (without your awareness) the quality of your self-talk, the ways you treat your self. The seed thoughts in these pages provide doorways for exposing, questioning and separating your self from the internalized shoulds and cultural rules that have molded our beliefs about what is acceptable behavior, what makes us worthy. They encourage claiming your own authentic voice, delving into new ways of being with the various parts of your self your inner family and building loving, gentle support for the truths of your own inner knowing. This journaling book has been designed as a companion to Robyns first book, *Go Only as Fast as Your Slowest Part Feels Safe to Go: Tales to Kindle Gentleness and Compassion for Our Exhausted Selves*. That book offers a collection of stories describing Robyns own journey from the relentless perfectionism of hyper-self-critical super-achieving to the unconditional self-love, compassionate self-care and tender-hearted acceptance of her perfectly imperfect self that now fill her life. This item ships from...



[Read Tenderly Embracing All the Ways That I Feel and Am: Journaling to Kindle Gentleness and Compassion for Our Precious Selves Online](#)



[Download PDF Tenderly Embracing All the Ways That I Feel and Am: Journaling to Kindle Gentleness and Compassion for Our Precious Selves](#)

## Other Books



### Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Still finding it getting your way around your Kindle Fire Wish you had...

[Read Book »](#)



### Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Read Book »](#)



### Too Old for Motor Racing: A Short Story in Case I Didnt Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide...

[Read Book »](#)



### Harts Desire Book 2.5 La Fleur de Love

Cajunflair Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 5.0in. x 0.3in. Its late 1974, and high school student, Melinda Dawson is in serious trouble. Within two hours of revealing her suspected pregnancy...

[Read Book »](#)



### Gypsy Breynton

Echo Library. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Hon. Gypsy Breynton, Esq., M. A., D. D., LL. D., c., c. Gypsy Breyiiton, R, R....

[Read Book »](#)



### **No Friends?: How to Make Friends Fast and Keep Them (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Have NO Friends ? Are you tired of not having any

[Save eBook »](#)



### **Never Invite an Alligator to Lunch! (Paperback)**

Lucky Me Publishing, LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. NEVER Invite an Alligator to Lunch! delivers a fun,

[Save eBook »](#)



### **The Stories Julian Tells A Stepping Stone Book™**

Random House Books for Young Readers. Paperback. Book Condition: New. Ann Strugnell (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 5.0in. x 0.4in..Julian is a quick fibber and a wishful thinker. And he is great at

[Save eBook »](#)



### **Get Up and Go**

Puffin. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 10.0in. x 7.7in. x 0.3in..We all come in different shapes and sizes, and it doesnt matter if you are tall, short, skinny, or round. Your body

[Save eBook »](#)



### **The Lalaurie Horror**

Saint James Infirmary Books. Paperback. Book Condition: New. Paperback. 150 pages. Dimensions: 8.0in. x 5.0in. x 0.3in..Cited as a resource by world-renowned, French criminologist, Stphane Bourgoïn, a foremost authority on serial killers. Twice Nominated for

[Save eBook »](#)