

# The Art of Self-Love / Self-Compassion

1. *There Is Nothing Wrong with You: Going Beyond Self-Hate*  
Cheri Huber and June Shiver; 2001
2. *How To Love Yourself: Learning to Love Yourself Despite Being Unloved, Feeling Self-Hatred, and Having Self-Loathing*  
Jennifer Butler Green; 2019
3. *The Book of Awakening: Having the Life You Want by Being Present to the Life You Have*  
Mark Nepo; 2020
4. *What You Practice Is What You Have: A Guide to Having the Life You Want*  
Cheri Huber; 2010
5. *Self-Compassion: The Proven Power of Being Kind to Yourself*  
Kristin Neff, Ph.D.; 2011
6. *Radical Acceptance: Awakening the Love that Heals Fear and Shame*  
Tara Brach; 2003
7. *Radical Acceptance: Embracing Your Life With the Heart of a Buddha*  
Tara Brach; 2004
8. *Radical Compassion: Learning to Love Yourself and Your World with the Practice of RAIN*  
Tara Brach; 2019
9. *True Refuge: Finding Peace and Freedom in Your Own Awakened Heart*  
Tara Brach; 2016
10. *Compassion and Self Hate: An Alternative to Despair*  
Theodore I. Rubin M.D.; 1998
11. *The 9 Steps to Emotional Fitness: A Toolkit for Life in the 21st Century*  
Warren Redman; 2003
12. *Recipes for Inner Peace*  
Warren Redman; 2005
13. *Achieving Personal Success: An Introduction to Inner Balancing*  
Warren Redman; 1995

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