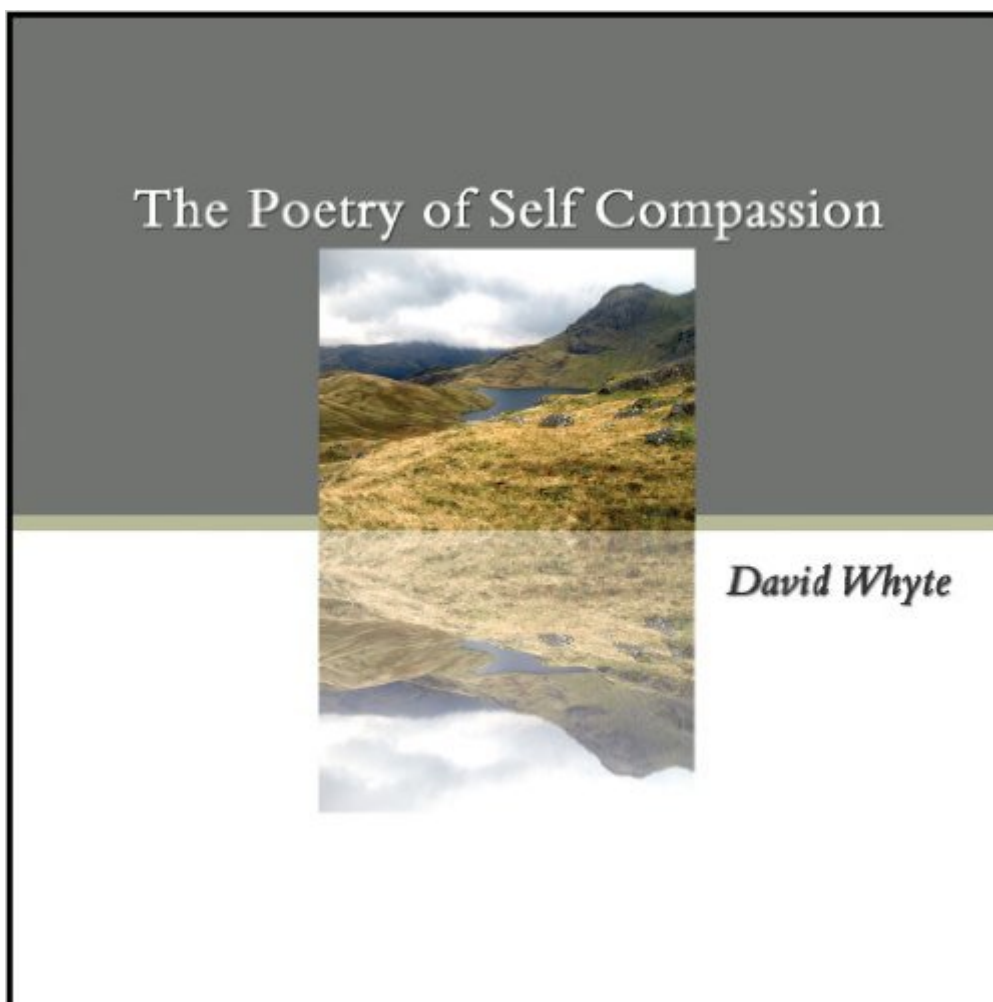


The book was found

The Poetry Of Self Compassion



Synopsis

A talk by David Whyte. Self compassion is a form of faith: a faith in the way each of us holds the great conversation of life. Innocence is the ability to look at the world with fresh eyes. On "The Poetry of Self Compassion," David Whyte looks at innocence as a faculty of exploration and a source of courage, compassion and self knowledge.

Book Information

Audio CD

Publisher: Many Rivers Press (April 1, 1992)

Language: English

ISBN-10: 1932887083

ISBN-13: 978-1932887082

Product Dimensions: 5.4 x 4.9 x 0.2 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (20 customer reviews)

Best Sellers Rank: #182,179 in Books (See Top 100 in Books) #12 inÂ Books > Books on CD > Poetry & Drama #13 inÂ Books > Books on CD > Literature & Fiction > Poetry #451 inÂ Books > Books on CD > Literature & Fiction > General

Customer Reviews

DAVID WHYTE BRINGS SO MUCH RICHNESS & DEPTH & BREADTH OF PERSPECTIVES THAT HIS AUDIO-CDs ARE AN INVALUABLE AID FOR PERSONAL & SPIRITUAL GROWTH as his work beautifully integrates it all including the psychological & practical aspects/implications of being an evolving being. This specific one remains my favorite of all time & never ceases to amaze me by how much it keeps adding as I listen to it over the years.HE HAS AN UNUSUAL DELIVERY STYLE WHEN READING POEMS IN THAT he repeats short sections at a time which took a little getting used to but I very rapidly came to love this as it does help each piece sink in deeper & one gets all of it better that way including thanks to his many helpful comments & perspectives. HE ALWAYS INCLUDES A GREAT MIX OF POWERFUL POEMS BY OTHERS AS WELL AS A FEW OF HIS OWN & IT'S ALL STRUNG TOGETHER IN SUCH AN IDEAL WAY THAT I FIND HIS AUDIO-CDS THE BEST WAY TO RECEIVE THE POWER OF WHAT HE HAS TO SHARE.This Self-Compassion cd has so many great perspectives especially helpful for self-acceptance & reclaiming our authenticity. My journey in all this was greatly aided by his explanations of how & why that can be extra tough at times including as we're forced to deal with what we stuffed over the

years in our "black bag" because it was inconvenient or too difficult to deal with at the time. As he so wisely says, that black bag becomes so heavy over the years that it starts dragging us down & I personally believe that is the root cause of both aging & health problems as scientists have found that a cell if kept properly nourished & where waste can be released never needs to age or break down or die.

[Download to continue reading...](#)

The Poetry of Self Compassion Compassion Haiku: Daily insights and practices for developing compassion for yourself and for others Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions The Self-Compassion Diet: Guided Practices to Lose Weight with Loving-Kindness The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem Iyanla Live!: Self-Value, Self-Worth, Self-Love How Anansi Learned Self-Esteem: 10 Original Stories for Building Self-Confidence and Self-Respect Hip Hop Speaks to Children: A Celebration of Poetry with a Beat (A Poetry Speaks Experience) Children of the Outer Dark: The Poetry of Christopher Dewdney (Laurier Poetry) Best American Poetry 2016 (The Best American Poetry series) The Best American Poetry 2015 (The Best American Poetry series) Perrine's Sound and Sense: An Introduction to Poetry (Perrine's Sound & Sense: An Introduction to Poetry) Poetry Speaks Who I Am: Poems of Discovery, Inspiration, Independence, and Everything Else (A Poetry Speaks Experience) Poetry Speaks to Children (Book & CD) (A Poetry Speaks Experience) Faces of Compassion: Classic Bodhisattva Archetypes and Their Modern Expression _ An Introduction to Mahayana Buddhism The Warrior's Heart: Becoming a Man of Compassion and Courage Tattoos on the Heart: The Power of Boundless Compassion The United Methodist Deacon: Ordained to Word, Service, Compassion, and Justice Unlikely Friendships: Dogs: 37 Stories of Canine Compassion and Courage

[Dmca](#)