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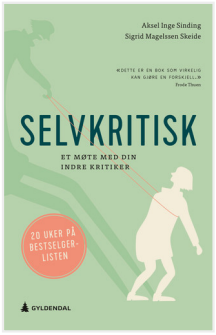

Get to know your Inner Critic

Original title: Selvkritisk, et møte med din indre kritiker
Publisher: Gyldendal Norsk Forlag 2022
Non Fiction / Psychology, self-help
English sample chapters, Norwegian PDF

Do you feel at times that you're your own worst enemy? Then you're not alone.

Most of us have aspects of ourselves that we dislike, want to change or want to hide from those around us. Self-criticism can be helpful, but can also become so strong, toxic, and extensive that it prevents you from living your life the way you want. This book is written with one goal in mind: that you will have an improved better relationship with yourself. You can succeed in this by getting to know your inner critic. Through powerful exercises, you and your inner critic will meet, and the goal of the meetings is for you to have a more compassionate, accepting and constructive relationship with yourself.

Foreign rights
Mindspace, Denmark

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