

Basisliteratur zu MSC:

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Neff, K. (2012). Selbstmitgefühl. Wie wir uns mit unseren Schwächen versöhnen und uns selbst der beste Freund werden. Kailash Verlag.

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Neff, K. und Germer, Ch. (2020): Selbstmitgefühl – Das Übungsbuch. Ein bewährter Weg zu Selbstakzeptanz, innerer Stärke und Freundschaft mit sich selbst. Arbor Verlag.

Auswahl wissenschaftlicher Literatur zu MSC

Bluth, K., Gaylord, S. A., Campo, R. A., Mullarkey, M. C., & Hobbs, L. (2015). Making Friends with Yourself: A Mixed Methods Pilot Study of a Mindful Self-Compassion Program for Adolescents. *Mindfulness*, 1-14.

Braun, T. D., Park, C. L., & Gorin, A. (2016). Self-compassion, body image, and disordered eating: A review of the literature. *Body Image*, 17, 117-131.

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Sbarra, D. A., Smith, H. L. & Mehl, M. R. (2012). When leaving your Ex, love yourself: Observational ratings of self-compassion predict the course of emotional recovery following marital separation. *Psychological Science*. 23(3), 261–269.

Sirois, F. M., Molnar, D. S., & Hirsch, J. K. (2015). Self-Compassion, Stress, and Coping in the Context of Chronic Illness. *Self and Identity*, 14(3), 334-347.

Terry, M. L., & Leary, M. R. (2011). Self-compassion, self-regulation, and health. *Self and Identity*, 10(3), 352-362.

Zessin, U., Dickhäuser, O., & Garbade, S. (2015). The Relationship Between Self-Compassion and WellBeing: A Meta-Analysis. *Applied Psychology: Health and Well-Being*, 7(3), 340-364.