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Embracing Your Inner Critic Turning Self Criticism into a Creative Asset by Hal Stone, PhD & Sidra Stone, PhD Harper San Francisco I found this an exceptional book as so many authors, journalists and those with an "intellectual" bent have inner critic issues This book explores in great detail all the facets of the inner critic, discussing

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from practicing the more subtle techniques of critic-management that are practiced in many Psychodynamic and Mindfulness approaches Embracing Your Inner Critic by Stone & Stone describes many of these techniques which can be helpful in later recovery, once the virulent, totalitarian voice of the inner critic has been sufficiently quelled

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