



# Tiny Buddha's Guide to Loving Yourself: 40 Ways to Transform Your Inner Critic and Your Life

By Lori Deschene

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Many of us know intellectually that we need to be good to ourselves if we want to be happy. But it feels so hard. We are simultaneously the harsh judge and the lost, scared child who wants to stop feeling judged. It becomes a vicious cycle. It only stops when we step outside ourselves and observe how we get ourselves stuck.

*Tiny Buddha's Guide to Loving Yourself* from *TinyBuddha.com* creator Lori Deschene shares 40 unique perspectives and insights on topics related to loving yourself, including: realizing you're not broken, accepting your flaws, releasing the need for approval, forgiving yourself, letting go of comparisons, and learning to be authentic. Featuring stories selected from hundreds of *TinyBuddha.com* contributors, the book provides an honest look at what it means to overcome critical, selfjudging thoughts to create a peaceful, empowered life.

This book combines all of the elements that made Deschene's first book, *Tiny Buddha*, compelling—authentic stories (four in each chapter); insightful observations about our shared struggles and how to overcome them; and action-oriented suggestions, based on the wisdom in the stories.

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### Editorial Review

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Deschene founded her popular website, [www.tinybuddha.com](http://www.tinybuddha.com), to provide a forum where people could share stories anonymously and support each other in today's fast-paced society. Now, she's collected 40 blog posts from the site and compiled them into a book centered around the theme of self-love. Deschene provides an introduction to establish her own stake in the struggle for personal acceptance, but throughout she lets the posts speak for themselves with little analysis. The book is organized into chapters focused on a particular barrier to self-love, such as childhood trauma, comparing oneself to others, or lack of self-forgiveness. Deschene has done an excellent job of avoiding repetition, ensuring each individual post is unique and resonant. The book also includes tips and quotes for those looking for smaller guideposts along the path to a more serene inner state. This text would be ideal for anyone struggling with recent life upheaval or just working to let go of things they regret—and in the end, isn't that all of us? --Amber Peckham

### Review

"Tiny Buddha is a moving and insightful synthesis of evocative stories and ancient wisdom applied to modern life. A great read!" --**Jonathan Fields**, author of *Uncertainty*

"Lori is one of a kind. Her amazing heart and wisdom shine through in everything she writes! I am a HUGE fan of *Tiny Buddha*, and I'm constantly inspired by Lori and her work." --**Mastin Kipp**, founder of The Daily Love ([thedailylove.com](http://thedailylove.com))

"Loving yourself is the foundation for finding inner peace, happiness, and the ability to love others. In this wonderful book, Lori Deschene does something remarkable. She makes the topic of loving yourself come alive in a way that is both highly entertaining and very practical. This is one book that shouldn't be missed." --**Jonathan Robinson**, founder of FindingHappiness.com and the author of *Communication Miracles for Couples*

"You have to love yourself to love other people and your life. In this powerful collection of stories and insights, Lori Deschene and other Tiny Buddha contributors share how they overcome shame, insecurity, and perfectionism to help you do just that. I highly recommend Tiny Buddha's Guide to Loving Yourself to anyone who needs a little help recognizing their worth and potential." --**Karen Salmansohn**, bestselling author of *Prince Harming Syndrome*

"This wonderful collection of personal stories and words of wisdom will help you become kinder and more compassionate to yourself, and ultimately show you how to lead a happier and more fulfilling life." --**Kristin Neff**, author of *Self-Compassion, Stop Beating Yourself Up and Leave Insecurity Behind*

"There's nothing tiny about the extra-large dose of awesome stuffed into Lori's writing. Read it and feel good about the world." --**Neil Pasricha**, founder and author of *1000 Awesome Things* and *The Book of Awesome*

"We can all feel broken, wounded, and alone at times, but never while reading this beautiful, wise guide to taking good care of ourselves. Some of us need permission to do that. All of us can find inspiration and powerful lessons in Tiny Buddha's openhearted, generous community of teachers. I'm so grateful to have found them." --**Priscilla Warner**, author of *Learning to Breathe: My Yearlong Quest to Bring Calm to My Life*

"Few people in our time have more passionately or more creatively applied wisdom teachings to a new digital generation than Lori Deschene. I am continually inspired by her writing, and also by her sincere dedication to learning, growth, and wisdom. I feel tremendously fortunate to have had the chance to get to know her work through *Tiny Buddha*, and to know her as a person. Both embody the same essential truths." - **Soren Gordhamer**, founder and author of *Wisdom 2.0*

"Reading Lori Deschene's wonderful new book, *Tiny Buddha's Guide to Loving Yourself*, is like listening to a good friend who reminds you of who you are when you need to hear it the most. Deschene and her contributors write about real-life situations with real-life solutions and they do it with the same unflinching honesty that has made TinyBuddha.com so popular. If you are ever hard on yourself--and who isn't--you need to read this book." --**Amanda Owen**, author of *The Power of Receiving*

"Lori Deschene doesn't claim to be anybody's guru. But it's that lack of pretense and her total candor--how she tells her own often-wild story without flinching--that is so magnetic, inviting a sense of ease with our own wrinkles, too, and fostering a sense of personal possibility. As she asks: Are you ready to be free?" --**Margaret Roach**, author of *And I Shall Have Some Peace There*

"How can we find happiness and peace--right now, right here? In her engaging, thought-provoking book *Tiny Buddha*, Lori Deschene explores this enormous question to help readers grapple with challenges like money, love, pain, control, and meaning, in order to find greater happiness." --**Gretchen Rubin**, author of *The Happiness Project*

"I spent months retweeting posts from a mystery handle called @tinybuddha. I wasn't the only one: Hundreds of thousands of people followed the daily messages. I was intrigued and made it a point to meet the woman behind the message. Today, Lori Deschene is a friend and fellow author who spreads truth and inspiration throughout the twittersphere, her blog, and now her new book! Lori has shifted the energy of the Internet with her loving daily posts and now she is sharing more with the world throughout her incredible book!" --**Gabrielle Bernstein**, author of *May Cause Miracles and Spirit Junkie*

#### About the Author

**Lori Deschene** is the founder of *Tiny Buddha*, a multi-author blog that shares stories and insights from readers from all over the globe. She launched the site in 2009 as a community effort because she believes we all have something to teach and something to learn. Tinybuddha.com has grown into one of the most popular inspirational sites on the web, with 1 million monthly visitors. She is the author of *Tiny Buddha: Simple Wisdom for Life's Hard Questions*, and her work has appeared in *Tricycle: The Buddhist Review*, *Shambhala Sun*, and other publications.

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#### Arturo Hasan:

The guide with title *Tiny Buddha's Guide to Loving Yourself: 40 Ways to Transform Your Inner Critic and Your Life* has a lot of information that you can understand it. You can get a lot of gain after read this book. This kind of book exist new expertise the information that exist in this reserve represented the condition of the world now. That is important to you to be aware of how the improvement of the world. That book will bring you within new era of the the positive effect. You can read the e-book on the smart phone, so you can read the idea anywhere you want.

**John Cleveland:**

Reading can called thoughts hangout, why? Because if you find yourself reading a book specially book entitled Tiny Buddha's Guide to Loving Yourself: 40 Ways to Transform Your Inner Critic and Your Life your mind will drift away trough every dimension, wandering in most aspect that maybe unfamiliar for but surely can become your mind friends. Imaging every word written in a publication then become one contact form conclusion and explanation in which maybe you never get ahead of. The Tiny Buddha's Guide to Loving Yourself: 40 Ways to Transform Your Inner Critic and Your Life giving you one more experience more than blown away your thoughts but also giving you useful facts for your better life in this era. So now let us demonstrate the relaxing pattern this is your body and mind will likely be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary paying spare time activity?

**Malcolm Lee:**

Your reading sixth sense will not betray you, why because this Tiny Buddha's Guide to Loving Yourself: 40 Ways to Transform Your Inner Critic and Your Life e-book written by well-known writer we are excited for well how to make book which might be understand by anyone who read the book. Written in good manner for you, still dripping wet every ideas and producing skill only for eliminate your own personal hunger then you still question Tiny Buddha's Guide to Loving Yourself: 40 Ways to Transform Your Inner Critic and Your Life as good book not simply by the cover but also by the content. This is one e-book that can break don't ascertain book by its cover, so do you still needing an additional sixth sense to pick this kind of!? Oh come on your examining sixth sense already said so why you have to listening to another sixth sense.

**William Bellard:**

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