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Empty Your Cup: Why We Have Low Self-Esteem And How Mindfulness Can Help (Self-Compassion Book 1)



Synopsis

Struggling with low self-esteem? Still feeling inferior, unworthy and not good enough despite all your effort to change? On the surface, we should be happy. We have all the things we need – a decent job, a stable income, and great friends. We have improved our self-confidence. We thought that we had overcome our low self-esteem issues. But yet, deep down inside, nothing has changed – we still feel inferior to others. Why is this so? Why don't we love ourselves? The truth is we have been solving the wrong problem. We thought that by being more successful and confident, we will feel good about ourselves. But low self-esteem is a perception problem, it has nothing to do with our success or confidence. You can be wealthy, beautiful, or well liked by others and still don't feel good about yourself. You will understand more about this in Empty Your Cup. Download Empty Your Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help. The purpose of this book is to help you empty everything you believe about yourself and reconnect with your spiritual self. Throughout this book, the cup is used as an analogy for the mind. You'll learn: The causes and impacts of low self-esteem How beliefs are formed 6 reasons why changing negative beliefs into positive beliefs is not entirely effective What mindfulness is The differences between the spirit and the mind What spiritual awakening feels like and ways to stay awake How mindfulness can help you love yourself Empty Your Cup is a simple book that isn't technical at all. You don't need any prior psychology or spirituality knowledge to understand the teachings in this book. So are you ready to let go of everything you believe about yourself and learn to love yourself again? Scroll to the top of the page and get a copy of Empty Your Cup now!

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Customer Reviews

Highly sensitive persons (HSPs) struggle to conform to societal norms and expectations and commonly suffer from low self-esteem (and may not even know it). Written by an HSP, this book describes personal experiences and insights with compassion and understanding and should appeal to all those who suffer from low self-esteem, but particularly to HSPs. [Full disclosure: I previewed a review version of this book after visiting the Nerdy Creator site, but do not know the author.] In "Empty Your Cup," Yong Kang Chan recounts his own struggle with low self-esteem as a starting point for a wide-ranging and engaging exploration of its causes. Factors discussed include environmental and innate factors, common misperceptions and subconscious often resulting from sociocultural programming, and a psychospiritual framework for distinguishing mind from spiritual self. Although the framework is based on key concepts from Taoist and Buddhist philosophies, the author reframes them for a contemporary audience such as references to contemporary memes (e.g., animated Disney films, reality TV series Survivor), spiritual authors (e.g., Eckhart Tolle, Wayne Dyer), and quirky, memorable surprises (e.g., illustrations of "The Seven Stages of the Cup"). The central theme is that "[w]hen we were young, we didn't get to choose what we received in our empty cups. We learned whatever rules/habits that were needed to survive in the world. No one is to be blamed. It's just a rite of passage." But if, as adults, we are no longer satisfied with that which we previously received in our cups, we have to make a choice between (1) continuing to carry the old content and experience discontent or (2) learn to "empty the cup." But "emptying" is just the first in "Seven Steps of the Cup," which ends with

“awakening” and “mastery.” At its core, this small book provides a message of great hope, persistence, and practice:

“The more we practice pouring away the content in our cup, the more we break our attachment to the cup and erode the old conditioning. But to achieve such a level of mastery, Yong Kang gently warns that “emptying the cup requires us to unlearn everything we have learned about ourselves previously and return the cup to its original state[,] let[ting] go of this person we thought we were all these years[, and be] born for a second time.”—certainly, a tall order.

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