

The book was found

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!

Book Information

File Size: 969 KB

Print Length: 140 pages

Page Numbers Source ISBN: 9811135592

Simultaneous Device Usage: Unlimited

Publication Date: May 27, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B07236LYQ5

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #62,564 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1

inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Movements > Humanistic #4 inÃ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Movements > Transpersonal #4 inÃ Books > Medical Books > Psychology > Movements > Humanistic

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

ÃfÃ¢Ã ¬Ã Ã“mindÃfÃ¢Ã ¬Ã fromÃfÃ¢Ã ¬Ã Ã“spiritual self.ÃfÃ¢Ã ¬Ã Although the framework is based on key concepts from Taoist and Buddhist philosophies, the author reframes them for a contemporary audienceÃfÃ¢Ã ¬Ã 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 ofÃfÃ¢Ã ¬Ã Ã“The Seven Stages of the CupÃfÃ¢Ã ¬Ã). The central theme is thatÃfÃ¢Ã ¬Ã Ã“[w]hen we were young, we didnÃfÃ¢Ã ¬Ã â„ct get to choose what we received in our empty cups.ÃfÃ¢Ã ¬Ã We learned whatever rules/habits that were needed to survive in the world.ÃfÃ¢Ã ¬Ã Ã“No one is to be blamed. ItÃfÃ¢Ã ¬Ã â„cs just a rite of passageÃfÃ¢Ã ¬Ã |ÃfÃ¢Ã ¬Ã But if, as adults, we are no longer satisfied with that which we previously received in our cups, we have to make a choiceÃfÃ¢Ã ¬Ã between (1) continuing to carry the old content and experience discontent or (2) learn toÃfÃ¢Ã ¬Ã Ã“empty the cup.ÃfÃ¢Ã ¬Ã ButÃfÃ¢Ã ¬Ã Ã“emptyingÃfÃ¢Ã ¬Ã is just the first inÃfÃ¢Ã ¬Ã Ã“Seven Steps of the Cup,ÃfÃ¢Ã ¬Ã which ends with

ÃƒÂ¢Ã ¬Ã Å“awakeningÃƒÂ¢Ã ¬Ã Å• and ÃƒÂ¢Ã ¬Ã Å“mastery.ÃƒÂ¢Ã ¬Ã Å•At its core, this small book provides a message of great hope, persistence, and practice:

ÃƒÂ¢Ã ¬Ã Å“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.ÃƒÂ¢Ã ¬Ã Å• But to achieve such a level of mastery, Yong Kang gently warns that ÃƒÂ¢Ã ¬Ã Å“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 timeÃƒÂ¢Ã ¬Ã Å•ÃƒÂ¢Ã ¬Ã Å•certainly, a tall order.

[Download to continue reading...](#)

Empty Your Cup: Why We Have Low Self-Esteem and How Mindfulness Can Help

(Self-Compassion Book 1) Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) High Self Esteem Hypnosis Bundle: Boost Your Confidence, Know Your Worth and Develop High Self Esteem with Hypnotherapy and Meditation Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate

Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field The Anger Workbook for Women: How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Mindfulness for Bipolar Disorder: How Mindfulness and Neuroscience Can Help You Manage Your Bipolar Symptoms Low Carb: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)