



Compassionate Body Scan

Kristin Neff

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Over the past decade, an overwhelming body of research has shown self-compassion to be key to good psychological and physical health. Whether you wish to reduce stress, develop healthy habits for exercise or diet, unlock your creativity, or even deal with serious conditions such as depression or addiction, a strong sense of self-compassion is an essential ingredient for success. Best of all, self-compassion is a skill that can be learned. Dr. Kristin Neff presents a simple guided meditation focusing on gratitude and kindness toward every part of the body.

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This session is excerpted from Kristin Neff's 6-CD audio program *Self-Compassion Step by Step*.

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