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Hans Petter Bakketeig
+47 47 674759
hanspetter@stilton.no

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Aksel Inge Sinding, Sigrid Magelssen Skeide

Get to know your Inner Critic

Do you feel at times that you're your own worst enemy? Then you're not alone.

Most of us have aspects of ourselves that we dislike, want to change or want to hide from those around us. Self-criticism can be helpful, but can also become so strong, toxic, and extensive that it prevents you from living your life the way you want. This book is written with one goal in mind: that you will have an improved better relationship with yourself. You can succeed in this by getting to know your inner critic. Through powerful exercises, you and your inner critic will meet, and the goal of the meetings is for you to have a more compassionate, accepting and constructive relationship with yourself.

"This is a book that can truly make a difference"

- Frode Thuen

Aksel Inge Sinding, Sigrid Magelssen Skeide

Aksel Inge Sinding (b. 1986) is a psychologist specializing in emotion-focused therapy and emotion-focused skills training for parents. He works at the Institute for Psychological Counseling, with individual therapy, parenting guidance and supervision of psychologists.



Sigrid Magelssen Skeide is a psychologist specializing in emotion-focused therapy and emotion-focused skills training for parents. She has worked for many years as a private practicing psychologist, mainly with individual therapy and supervision of psychologists. She now works as a university lecturer at the Department of Psychology at Oslo Nye Høyskole.

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