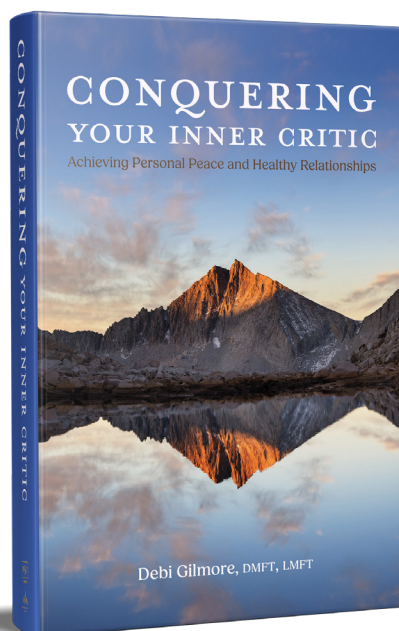


NEW FROM THE RELIGIOUS STUDIES CENTER

CONQUERING YOUR INNER CRITIC

Achieving Personal Peace and Healthy Relationships



Dr. Gilmore teaches how to break the negative habits of mind that erode and undermine self-confidence and emotional well-being, including what is often missing in therapeutic practice: key principles of the healing, transforming power of the gospel of Jesus Christ.

ABOUT THE AUTHOR

DEBI GILMORE holds a doctorate in marriage and family therapy with special focuses on program and curriculum development, clinical skills, clinical supervision, and business leadership and development. She has presented at professional conferences across the United States and facilitates trainings for therapists across the world.

PROVO AND SALT LAKE CITY, UTAH—*No way—not ME! • I'm a fool for thinking I could do that. • I'm definitely NOT good enough!*

Have you surrendered to negative self-talk like these statements? While it's normal to occasionally indulge in self-criticism, a chronically self-defeating mindset—often a result of unresolved trauma—can be emotionally debilitating. Left unchecked, the inner critical voice spins incessant negative commentary about who we are, what we are capable of, and how we behave. It can cause us to believe we are not worthy of love and belonging. It is a barrier to fulfilling relationships with self, others, and God. It can become hardwired into our brain's neural pathways. Ultimately it may convince us to quit trying.

In *Conquering Your Inner Critic*, Dr. Debi Gilmore, a Latter-day Saint psychotherapist, unmask that contrary voice, showing how it blocks our ability to rely on our unique gifts and talents that are essential in our quest to conquer the challenges of life. She teaches the building blocks of self-worth, describes the nature and methods of our Inner Critic,

and incorporates gospel truths to show how we can rise above the demeaning chatter to discover, empower, and preserve our deeper, wiser, and authentic self. Each chapter offers application exercises designed to cement foundational concepts and to spur implementation of learned skills.

Dr. Gilmore teaches how to break the negative habits of mind that erode and undermine self-confidence and emotional well-being. This method is informed by recent findings on experiential learning, emotion processing, and behavioral change—and is undergirded by what is often missing in therapeutic practice: key principles of the healing, transforming power of the gospel of Jesus Christ.

Conquering Your Inner Critic: Achieving Personal Peace and Healthy Relationships is copublished by the Religious Studies Center at Brigham Young University and Deseret Book. Visit <https://rsc.byu.edu/book/conquering-your-inner-critic> for more information.

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