
**Chapter 1: The Three Stages of Self-Love**


**Chapter 2: Meet the Parents**

1. For the study comparing stress and anxiety levels in middle and working class girls, see: V. Walkerdine, unpublished study, Department of Psychology, Goldsmiths College, University of London, 1995, cited in Oliver James, *They F*** You Up: How to Survive Family Life* (Bloomsbury, 2002)

2. For the study citing 20% American girls from affluent backgrounds suffered from serious depression, see: S. S. Luthar and B. E. Becker, ‘Privileged but pressured? A study of affluent youth’, *Child Development* 2002, 73, 1,593–610

3. For the note that the figure is only 7% in the general population, see: S. S. Luthar and B. E. Becker, ‘Privileged but pressured? A study of affluent youth’, *Child Development* 2002, 73, 1,593–610

4. To watch the video of Oscar, as a puppy, afraid to cross the door threshold, see: [https://www.youtube.com/watch?v=Yhz3kmXFWrw](https://www.youtube.com/watch?v=Yhz3kmXFWrw) or simply search ‘Oscar Labrador’ on YouTube.

The video title is: ‘Oscar, our Labrador puppy, scared to cross the threshold for his first walk.’

**Chapter 3: How to Use Your Body to Change How You Feel**

1. For information on Cliff Kuhn, see his website: [http://www.drcliffordkuhn.com](http://www.drcliffordkuhn.com)

2. For the research that found that copying a smile or frown impacted mood, see: C. L. Kleinke, T. R. Peterson and T. R. Rutledge, ‘Effects of self-generated facial expressions on mood’, *Journal of Personality and Social Psychology* 1998, 74(1), 272–9
3. For Paul Eckman’s research on how smiling or grimacing impacted the ANS, see: P. Eckman, ‘An argument for basic emotions’, *Cognition and Emotion* 1992, 6(3/4), 169–200


**Chapter 4: Visualization**

1. For a summary review of how mental practice impacts the brain, see: U. Debamot, M. Sperduti, F. Di Rienzo and A. Guillot, ‘Experts’ bodies, experts’ minds: how physical and mental training shapes the brain’, *Frontiers in Human Neuroscience* 2014, 8, article 280, 1–17


**Chapter 5: Does It Matter If People Like You?**

1. For the research showing that increases in connectedness resulted in increases in happiness, see: J. H. Fowler and N. A. Christakis, ‘Dynamic spread of happiness in a large social network: longitudinal analysis over 20 years in the Framingham Heart Study’, *British Medical Journal* 2008, 337, a2,338, 1–9

**Chapter 7: Body Image**

1. For the UK study estimating that 87% of females have dieted, see: A. Furnham and N. Greaves, ‘Gender and locus of control correlates of body image dissatisfaction’, *European Journal of Personality* 1994, 8, 183–200


3. To watch a reading of Elizabeth Caproni’s monologue called, ‘Mocha Choca Latte, yah Yah … Please’, see: https://www.youtube.com/watch?v=M8JFcim1nkQ or simply search ‘Yah! Celebs’ eye view’ on YouTube.

5. For news on the increase in steroid use in the UK, see: T. Moore, ‘HIV fears over increase in steroid injections’, *Sky News*, 9 April 2014

6. For the changing stats of Miss America winners, see: Sarah Grogan, *Body Image* (Routledge, 2008)

7. For the study of 299 French and Italian girls shown idealized images in magazines, see: R. Rodgers and H. Chabrol, ‘The impact of exposure to images of ideally thin models on body dissatisfaction in young French and Italian women’, *Encephale* 2009, 35(3), 262–8

8. For the study where rating of attractiveness of certain BMIs was affected by what size of model a participant was shown, see: I. D. Stephen and A. T-M. Perera, ‘Judging the difference between attractiveness and health: does exposure to model images influence the judgments made by men and women?’, *PLOS ONE* 2014, 9(1), e86,302

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**Chapter 10: Self-Compassion**


2. For the research linking self-compassion, as rated according to a questionnaire, with inflammation, see: J. G. Breines, M. V. Thoma, D. Gianferante, L. Hanlin, X. Chen and N. Rohleder, ‘Self-compassion as a predictor of interleukin-6 response to acute psychosocial stress’, *Brain Behaviour and Immunity* 2014, 37, 109–14


5. For the study showing how a practice of the Loving-Kindness meditation increased positive emotion, see: B. Fredrickson, M. Cohn, K. A. Coffey, J. Pek and S. M. Finkel, ‘Open hearts build lives: positive emotions, induced through loving-kindness meditation, build consequential personal resources’, *Journal of Personality and Social Psychology* 2008, 95(5), 1,045–62

7. For the study showing how the Loving-Kindness meditation improved social connectedness, see: C. A. Hutcherson, E. M. Seppala and J. J. Gross, ‘Loving-kindness meditation increases social connectedness’, Emotion 2008, 8(5), 720–24


9. For the study showing how helping others reduced chronic back pain, see: P. Arnstein, M. Vidal, C. Wells-Federman, B. Morgan and M. Caudill, ‘From chronic pain patient to peer: benefits and risks of volunteering’, Pain Management Nursing 2002, 3(3), 94–103

Chapter 11: Forgiveness

1. For a summary of forgiveness research, see Chapter 12: ‘Letting Go of the Past’ in David R. Hamilton, PhD, Why Kindness is Good for You, Hay House, 2010. The individual references cited there are:


-M. Waltman, D. Russell and R. Enright, ‘Research study suggests forgiving attitude may be beneficial to the heart’, paper presented at the American Psychosomatic Society Annual Meeting, 5–8 March 2003, Phoenix, Arizona


**Chapter 14: The Fourth Stage of Self-Love**


- For specific accounts of NDE’s, see, Anita Moorjani, *Dying to Be Me* (Hay House, 2012) and Eben Alexander M.D., *Proof of Heaven: A Neurosurgeon’s Journey into the Afterlife* (Simon and Schuster, 2012)

3. For research showing that thoughts sent by one person were correlated with brain activation in a partner, see: L. J. Standish, L. Kozac, L. C. Johnson and T. Richards, ‘Electroencephalographic evidence of correlated event-related signals between the brains of spatially and sensory isolated human subjects’, *Journal of Alternative and Complementary Medicine* 2004, 10(2), 307–14

4. Research showing that people say they have sensed someone staring, and even through CCTV, was cited in R. Sheldrake, *Seven Experiments That Could Change the World: A Do-It-Yourself Guide to Revolutionary Science* (Fourth Estate, 1994)

5. The research showing that volunteers could guess who was going to telephone them, see: R. Sheldrake, L. Avraamides and M. Novak, ‘Sensing the sending of SMS messages: an automated test’, *Explore* 2009, 5(5), 272–6