

# **Don't Be Nice, Be Real: Balancing Passion For Self With Compassion For Others By Kelly Bryson**

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This article is adapted from Kelly Bryson's book, Don't Be Nice, Be Real: A (By growth I mean gaining knowledge of oneself and others.) 2. "Nice" . So I like to first have passionate self compassion and then I can . Kelly Bryson MA, MFT, author of the best selling book, Don't be Nice, Be Real - Balancing Passion for Self.

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Kelly Bryson is the author of Don't be Nice, Be Real—Balancing Passion for Self with Compassion for Others an NVC handbook. He is also a contributing author

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Kelly Bryson, MA, MFT is the author of the best selling book, Don't Be Nice, Be Real – Balancing Passion for Self with Compassion for Others. He is a licensed

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