[Loving kindness towards ourselves doesn't mean getting rid of anything. It means we can still be crazy after all these years. We can still be angry after all these years. We can still be timid or jealous or full of feelings of unworthiness. The point is not to try to throw ourselves away and become something better. It's about befriending who we are already.](http://www.azquotes.com/quote/808711)

[Pema Chodron](http://www.azquotes.com/author/2833-Pema_Chodron)