



An Invitation To Self-care (Paperback)

By Tracey Cleantis

Hazelden Information Educational Services, United States, 2017. Paperback. Condition: New.

Language: English . Brand New Book. Too often, we settle for the notion that self-care means giving ourselves treats and rewards for good behavior. But it's so much more than that. Welcome to the self-care revolution! This is a magnificent book. When I first brought self-care into the mainstream back in 1992, I encountered comments like Well, I do my nails! or I work out. The idea that self-care is how you want to approach your whole life was hard for some to grasp--and that often included me. . . . Tracey's book will help! She's done a fantastic job pointing the way. Buy this book! -- Jennifer Louden, bestselling author of The Woman's Comfort Book A day of indulgence at a spa--or at home on the couch--might help us unwind and feel temporarily renewed, but is that all there is to self-care? In this book Tracey Cleantis changes the dialogue and shows why real self-care is more than just routine self-indulgence--it's a lifelong practice that's essential to finding fulfillment and joy. An Invitation to Self-Care uncovers seven principles for care that are rooted in...



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