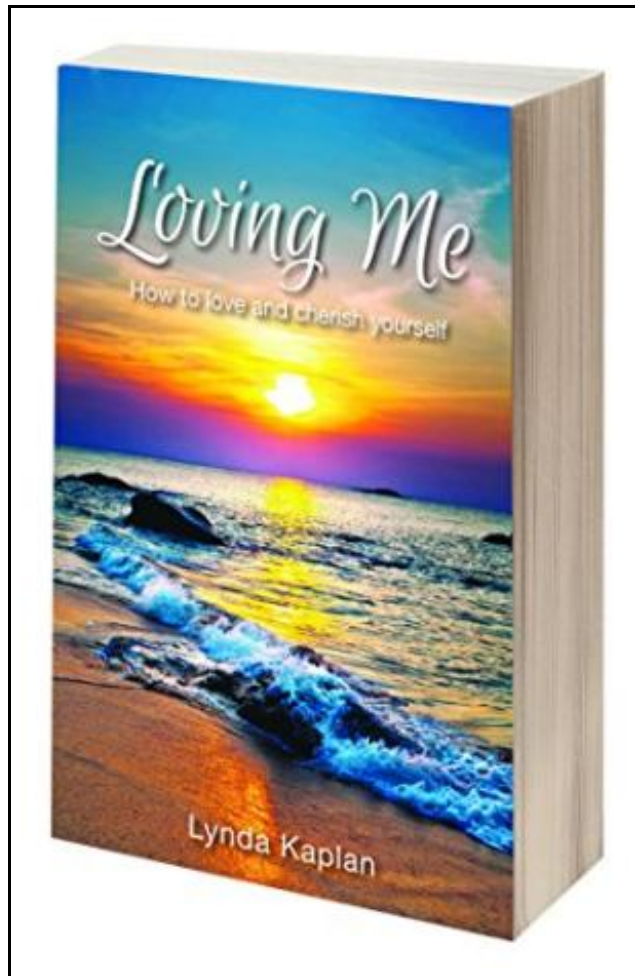


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Is your brave face becoming the main expression you show the world? Are you afraid to admit you can't get everything done? It's easy to get bogged down with your never-ending list of to-dos; but when you are too busy caring for other people and only consider your own needs last, you merely feed the cycle of exhaustion. Perhaps you were taught as a child that it's selfish to think of yourself first-but the fact remains that you can only truly benefit others by properly caring for yourself. Flight attendants have the right idea when they instruct you to put on your own oxygen mask first, then help the passengers around you. The same principle applies to living a healthy, productive life. *Loving Me* tackles everyday topics like eating habits and sleep quality, as well as tougher issues such as depression and self-harm, to reveal the freeing truth that asking for help is a strength rather than a weakness. As you learn how to love and cherish yourself physically, mentally, and emotionally, you will begin to live with renewed balance, vitality, and joy. Discover the true face of courage as you embrace the empowering art of self-care.



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