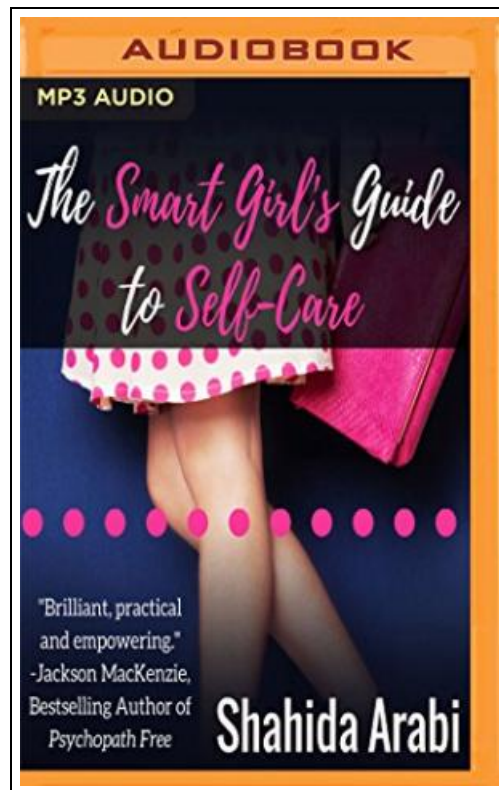


The Smart Girl's Guide to Self-Care: A Savvy Guide to Help Young Women Flourish, Thrive and Conquer



Filesize: 6.46 MB

Reviews

This ebook is indeed gripping and fascinating. it had been writtern really properly and helpful. I am very easily could possibly get a satisfaction of reading a published publication.

(Maude Ritchie)

THE SMART GIRL'S GUIDE TO SELF-CARE: A SAVVY GUIDE TO HELP YOUNG WOMEN FLOURISH, THRIVE AND CONQUER



Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. Are you in an abusive or unhappy relationship? Do you try too hard to please your friends at the expense of your own needs and wants? Are you subservient to others and do you find yourself unable to become independent? Do you suffer from negative self-talk? These are all signs that your self-care regimen is deficient in some way. The Smart Girl's Guide to Self-Care tackles the common problems of effective self-care with practical suggestions for practices that will create a sustainable, lifelong self-care routine. For those who are beginners to concepts like mindfulness, meditation, opposite action, positive rebellion, positive affirmations, and radical acceptance, this book will provide a useful and comprehensive introduction. For those struggling from the trauma of emotionally abusive relationships, this book will guide you in recognizing the signs of abuse, creating a reverse discourse that challenges ruminations over the abuse, moving forward successfully after a break-up using no contact, and techniques on coping with trauma in constructive and meaningful ways. Each chapter of this book also provides a list of supplemental resources as well as a recommended reading list to guide you on this journey to greater self-love and self-care. Although this book is intended for everyone, its target audience is young women who are socialized to believe that their needs and wants don't matter and that their relationships with others are much more important than the relationship they have with themselves. In order to have healthy, happy relationships with others, we must first cultivate healthy, happy relationships with ourselves and eradicate the toxic habits that deplete us of the self-love and self-acceptance necessary for a fulfilling life. You may be wondering: How is it possible to banish the browbeating...

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