



The Art of Extreme Self Care: Transform Your Life One Month at a Time

By Cheryl Richardson

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Art of Extreme Self Care: Transform Your Life One Month at a Time, Cheryl Richardson, This life-changing handbook offers you twelve strategies to change your life, month by month. As each chapter challenges you to alter one behaviour or circumstance that holds you back, you'll learn how to understand the true impact of your surroundings, accept disappointments in all areas when they arise, find your natural rhythm and ride life's waves, and discover your passions and strengths to get the best out of your life. With sound advice, effective exercises and resources to take each step further, this practical handbook for the heart and mind will show you that by changing your mindset, you can radically change your life.

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