

THE ART OF EXTREME SELF CARE FREE EBOOK%0A

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The Art of Extreme Self-Care x During the intake process, Thomas asked me to tell him a little about my life. He wanted to get a sense of who I was and how I lived.

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The Art of Extreme Self Care by Cheryl Richardson

Cheryl suggests that having an Extreme Self-Care First Aid Kit can be your lifeline during these times. In summary, this book is truly great for those who have recognised that they need to make Me Time and self-care more of a priority in their life but are a bit lost at where to start. Cheryl offers practical tips and advice on how you can do this, and breaks this advice down into action steps that you can easily follow.

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Excerpt 'The Art of Extreme Self Care' ABC News

Self-help author Cheryl Richardson's new book The Art of Extreme Self-Care says you have to learn to say no and not feel guilty. She talked to GMA, read an excerpt from the book.

<http://ghost-house.co/Excerpt--'The-Art-of-Extreme-Self-Care'-ABC-News.pdf>

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

Following her book, The Art of Extreme Self-Care, Cheryl guides you through a year-long series of empowering lessons that are sure to help you take the steps you need to live a more fulfilling

<http://ghost-house.co/The-Art-of-Extreme-Self-Care--Transform-Your-Life--One-Month-at-a-Time.pdf>

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Cheryl Richardson. Cheryl Richardson is the author of The New York Times bestselling books, Take

Time for Your Life, Life Makeovers, Stand Up for Your Life, The Unmistakable Touch of Grace and her new book The Art of Extreme Self Care.

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