



## Taking Care of You: A Guide for Learning How to Self-Care (Paperback)

By Stef Thriver Smith

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Open your mind to a new way of thinking about self-care. Taking Care of YOU is an important first step toward building a strong foundation for emotional healing. With a straightforward approach from someone with vast experience in self-help, this book can help you with self-confidence, self-esteem, and self-awareness. As you read, you will begin to understand yourself more fully, know that you are not alone, and realize that healing is possible. Direct and to the point, the advice offered is blunt and honest. For anyone who wants to learn more about self-care, self-acceptance, or even to understand survivors of trauma, this is the hope you have been looking for. Taking care of yourself has never been more important than it is right now. Become a happier, more balanced person as you start Taking Care of YOU. Begin your journey of healing and self-discovery today!.

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