

## 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 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

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### **The Art of Extreme Self Care by Cheryl Richardson**

Write an Extreme Self-Care First-Aid Kit and keep it in a safe place. When we go through times of stress or crisis, our self-care practices can often be thrown aside. Unfortunately, these challenging times are often when we need our self-care practices most.

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### **3 Self Care Strategies to Transform Your Life Psych Central**

In The Art of Extreme Self-Care, Richardson provides a variety of nurturing and empowering activities for readers to try. Below are three of them. Below are three of them. 1.

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Get this from a library! The art of extreme self-care : transform your life one month at a time. [Cheryl Richardson] -- Offers you 12 strategies to transform your life one month at a time. Designed as a practical, action-oriented program, each chapter challenges you to alter one behavior that keeps getting you in

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### **Extreme Self Care Program**

Extreme Self Care includes the outside part of you, not just the inside. I have tossed every single article of clothing that does not make me look great. My hair is styled and/or colored exactly as I most like it. I have my nails professionally manicured. I have had my colors done and my wardrobe colors flatter my skin tone.

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**The Art of Extreme Self Care Transform Your Life One**

The Art of Extreme Self-Care: Transform Your Life One Month at a Time [Cheryl Richardson] on Amazon.com. \*FREE\* shipping on qualifying offers. This life-changing handbook by best-selling author Cheryl Richardson offers you 12 strategies to transform your life one month at a time. Designed as a practical

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