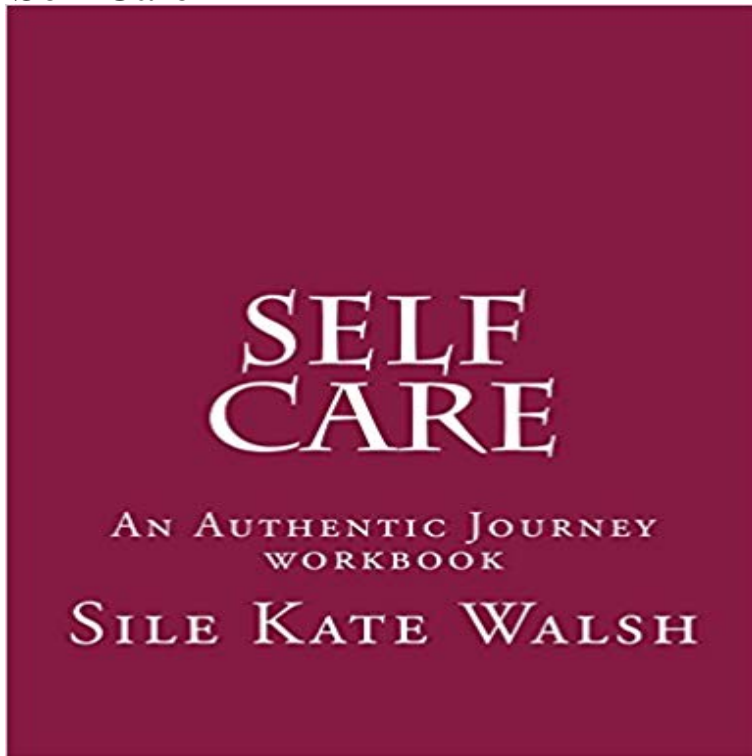


## Self Care



Self Care An Authentic Journey is a combination of tools and techniques based on Siles personal and professional experience working with self-care as a life coach and holistic therapist. The tools and techniques contained within this simple book assist in living a more fulfilled and nurturing life. The book incorporates a workbook theme so you can incorporate the new awareness into your life. Self-care is the basis to thriving in life whether youre an entrepreneur, parent, care giver or like Sile, just someone who didnt know how. Sile walks you through a process of self-discovery, empowerment and fulfilled living, combing the best of knowledge with real life reflections for you to truly unlock your potential personally and professionally. This is a journey from depletion, overwhelm and survival to fulfilled living and thriving. It is not just a once off read, but a set of tools, self-reflections and awareness to use whenever you are not functioning from your best self.

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