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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 Cheryl Richardson Cheryl

The Art of Extreme Self Care. by Cheryl Richardson Format: Paperback. This life-changing handbook by best-selling author Cheryl Richardson offers you 12 strategies to transform your life one month at a time.

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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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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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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.

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The Art of Extreme Self Care Soul Warriors Life Design

Author and life coach Cheryl Richardson is well known for her dedication to self-care. I've enjoyed her books Take Time for Your Life, Life Makeovers and The Unmistakable Touch of Grace, so I was very happy to receive a copy of The Art of Extreme Self-Care.

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