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Anna Borges

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The "More or Less" Definitive Guide to Self-Care Anna Borges,2019-11-01 Taking care of yourself is not meant to be stressful This book gives practical tips for implementing self care in our busy lives Allure Some days you need a pick me up some days you need a life preserver As Anna Borges explains for most of us self care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with You may already practice some form of self care whether it s taking an extra long shower after a stressful day splurging on a fancy dinner or choosing Netflix over that friend of a friend s birthday party But when life gets so overwhelming that you want to stay in bed some more radical care is crucial to maintain your sanity The More or Less Definitive Guide to Self Care is here to help you exist in the world Borges gathers over 200 tips activities and stories from experts and everyday people alike into an A to Z list from asking for help to catching some Zzz s Make any day a little more OK with new skills in your self care toolkit and energy to show up for yourself A Foreword INDIES Gold Winner This self help guide made me feel seen Real Simple A compendium about how to move through the world with a little more kindness for yourself Bustle Give this to your Type A friend who runs herself ragged Los Angeles Times

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