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Real self-care pdf


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We often think of things like bubble baths and massages, and while those are nice and relaxing activities, they aren't going to help Real self-care, in contrast, is an internal, self-reflective process that involves making difficult isions in line with our values, and when we practice it, we shift our relationships, our workplaces, and even our broken systems In Real Self-Care, Lakshmin helps readers understand what a real practice of caring for yourself could—and does—look like. Using case studies from her practice, clinical research, and the down-to-earth style that she's become known for, Lakshmin provides a step-by-step program for real and sustainable change and solace Packed with actionable strategies to deal with common problems, Real Self-Care is a complete roadmap for women to set boundaries and move past guilt, treat themselves with compassion, get It's healthy to push back against self-care that fundamentally does not address the systemic stressors that damage our well-being at work. Board-certified psychiatrist Dr. Pooja Lakshmin finds this cultural embrace of self-care incomplete at best and manipulative at worst. Fixing your troubles isn't simple as It's healthy to push back against self-care that fundamentally does not address the systemic stressors that damage our well-being at work. We're diving into a new book by Dr. Pooja Lakshmin, Real Self-Care: A Transformative Program for Redefining Wellness Based on her clinical and personal experience, Dr Lakshmin's revolutionary framework reimagines self-care as an ongoing, internal process that involves making difficult isions in line with We're diving into a new book by Packed with actionable strategies to deal with common problems, Real Self-Care is a complete roadmap for women to set boundaries and move past guilt, treat themselves Based on her clinical and personal experience, Dr Lakshmin's revolutionary framework reimagines self-care as an ongoing, internal process that involves making difficult Self-care is a popular term, but what is it really?

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