



I Love Me: The Ultimate Self-Care Guide for Healing Artists (Paperback)

By Versandra J Kennebrew Chhc, Hon Akhenaten a S L m-Bey

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. What the world needs now, is love sweet love. Hal Davis, American Composer Humanity is crying out for love! We're tossing and turning through the dead of night. Most of us are trapped in survival mode, in jobs we hate, with mates we want to dump and in bodies we want to hide. Healing artists are no different. It's time we learn to love ourselves so we can manifest healing in our families and restore our communities. The health of our healing artists is paramount, because clients and patients depend on us to make them better. In this ultimate guide to self-care for healing artists, your dynamic duo Akhenaten S L M-Bey and Versandra Kennebrew will share what nearly 50-years of combined holistic health expertise has revealed to them concerning self-care. They will help you understand that it doesn't pay to neglect your health and well-being. You will be more aware than ever before why being involved in daily self-care activities can protect you from compassion fatigue, burnout and other ills you work so...



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