



Self-Care for Life: Find Joy, Peace, Serenity, Vitality, Sensuality, Abundance, and Enlightenment - Each and Every Day

By Alexander Skye, Lester Meera, Carolyn Dean

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The best way to take care of your self is to take care of your Self. With its unique three-fold approach, this book helps you nurture and nourish the mind, body, and spirit within the natural course of every day:

Mind

Take a break from the (bad) news.

It's hard to find spiritual sustenance and renewal in a world rocked by tension. So turn off the television and radio, stay off the Internet, and stop the daylong bombardment of negativity from virtually every media outlet.

Body

Drink a cup of gyokuro tea.

Theanine is an amino acid that increases alpha brainwave activity--and gyokuro tea is chock full of it. One cup of this Japanese green tea and you'll be calmer and wiser for up to four hours.

Spirit

Choose a natural talisman.

A talisman is a token chosen to create a certain effect. Crystals, stones, and feathers are natural talismans you can use to protect yourself from anxiety, relieve stress, and remind you who you really are.

From alternative medicine and ayurvedic nutrition to chakra healing and tantric sex, this book allows you to weave self-care into the weft and woof of your lives, transforming your lives--moment to moment, hour to hour, day to day.



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Editorial Review

About the Author

Skye Alexander (Kerrville, TX) is a New Age enthusiast and educator. She is the author of more than a dozen nonfiction and fiction books, including *The Everything Tarot Book*, 2nd Edition. Meera Lester (San Jose, CA) is the author of more than two dozen books, including *365 Ways to Live the Law of Attraction* and *The Everything Law of Attraction Book*. Carolyn Dean, MD (City Island, NY) is a medical doctor and a naturopathic doctor. She is also the coauthor of *365 Ways to Boost Your Brain Power*.

Users Review

From reader reviews:

Suzanne Jensen:

The feeling that you get from *Self-Care for Life: Find Joy, Peace, Serenity, Vitality, Sensuality, Abundance, and Enlightenment - Each and Every Day* is a more deep you looking the information that hide inside words the more you get considering reading it. It doesn't mean that this book is hard to recognise but *Self-Care for Life: Find Joy, Peace, Serenity, Vitality, Sensuality, Abundance, and Enlightenment - Each and Every Day* giving you joy feeling of reading. The author conveys their point in particular way that can be understood by anyone who read that because the author of this e-book is well-known enough. This particular book also makes your own personal vocabulary increase well. Therefore it is easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this *Self-Care for Life: Find Joy, Peace, Serenity, Vitality, Sensuality, Abundance, and Enlightenment - Each and Every Day* instantly.

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