

The Year of Self-Care: A Transformative Journey to Focus on You

<p>In the hustle and bustle of modern life, it's easy to neglect our

<p>The Year of Self-Care includes a variety of daily practices desig

<p>The Year of Self-Care is filled with inspiring quotes from renown

<p>The Year of Self-Care features insights and advice from experts i

<p>The Year of Self-Care has received rave reviews from readers who

<p>If you're ready to embark on a transformative journey to priorit

Alt attributes:

- Main image: The cover of the book "The Year of Self-Care"
- Dr. Lisa Firestone: A headshot of Dr. Lisa Firestone
- Dr. Bessel van der Kolk: A headshot of Dr. Bessel van der Kolk

- Tara Brach: A headshot of Tara Brach
- Brene Brown: A headshot of Brene Brown
- Esther Perel: A headshot of Esther Perel

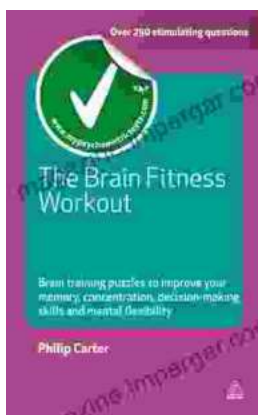


Recharge: A Year of Self-Care to Focus on You

by Julie Montagu

★★★★☆ 4.5 out of 5

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 Text-to-Speech : Enabled
 Screen Reader : Supported
 Enhanced typesetting : Enabled
 Word Wise : Enabled
 Print length : 204 pages



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