

NATIONAL BESTSELLER

ALICE D. DOMAR, Ph.D.,
HARVARD MEDICAL SCHOOL
AND HENRY DREHER

SELF-NURTURE

LEARNING TO CARE FOR YOURSELF
AS EFFECTIVELY AS YOU CARE
FOR EVERYONE ELSE

"Reading *Self-Nurture* is like a gift to yourself or any woman you know and care about."—JOAN BORYSENKO,
author of *A Woman's Book of Life*



Self Nurture Learning To Care For Yourself As Effectively As You Care

RJ Alexander



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