



The Woman's Comfort Book: A Self-Nurturing Guide for Restoring Balance in Your Life

By Jennifer Loudon

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With over 200 prescriptions for giving yourself a break, this book helps the reader to sort out guilty feelings about self-nurture and to define her comfort/self-nurture needs.

In this book the author delivers a host of creative and comforting programmes like the self-care schedule, creative selfishness, creating a comfort network, body delights, a personal sanctuary, the comfort journal, bathing pleasures and comfort rituals. Organised by topic and cross-referenced throughout, this guidebook is designed to appeal to women of all ages. The new edition has been revised and updated for modern women.

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The Woman's Comfort Book: A Self-Nurturing Guide for Restoring Balance in Your Life By Jennifer Louden Bibliography

- Sales Rank: #491873 in eBooks
- Published on: 2012-04-24
- Released on: 2012-04-24
- Format: Kindle eBook

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Editorial Review

Amazon.com Review

If the pace of your life or depths of your depression leave you lacking in body and soul, this book can help you feel whole again. Jennifer Louden encourages you to assemble and draw on personal rituals, journals and sanctuaries that can add comfort and breathing space to your life. Some are obvious (herbal baths, flowers) or seem too silly, New Age, or time-consuming to tickle every fancy (blow bubbles in traffic jams, chant affirmations). Many more seem sublime and creative. But that's her point: pick and choose what works best for you, but do take some actions to make your life happier.

Review

"...offers us the "how" of self-care: concrete, practical directions on how to nourish ourselves. Thank you Jennifer." (--Oria Mountain Dreamer, author of *The Invitation*)

"[O]ne of the great self-help classics of our times." (--Suzanne Falter-Barns, author of *Living Your Joy and How Much Joy Can You Stand?*)

From the Back Cover

Body-and-soul sustenance to make the hard times easier and the good times better : *The Woman's Comfort Book*

The Woman's Comfort Book guides you with hundreds of simply wonderful and practical treats for nurturing yourself in body, mind, and spirit. An invaluable reference manual for doing yourself a favor."--Lucia Capacchione, Ph.D., author of *The Well-Being Journal and*

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