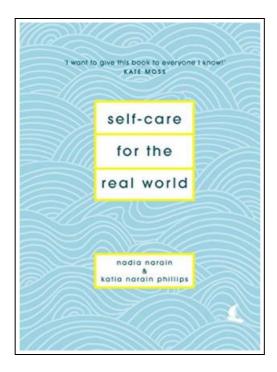
Self-Care for the Real World (Hardback)



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Reviews

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(Taylor Medhurst)

SELF-CARE FOR THE REAL WORLD (HARDBACK)



Cornerstone, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. This little gem totally hits the sweet spot between gorgeous (but not oppressively girly) design, some neat psychological tricks and a handful of refreshing recipes and meal ideas. Alexandra Heminsley, The Pool `I want to give this book to everyone I know! Kate Moss `A manual for everyone about real health from the inside out. Reese Witherspoon `Sane, smart and deeply wise. Sienna Miller `Self-Care for the Real World is as insightful and inspiring as its authors. Sam Taylor-Johnson I ve always valued Nadia s advice as a teacher and a friend, and eating Katia s delicious food - this book is the perfect combination of both. Lily Cole `Do yourself a kindness, and buy this book. Jools Oliver The book is written with so much love. I feel like Nadia and Katia are holding my hand through it, but not judging me in any way. Melissa Hemsley Unusually practical, non-patronising and authentic. Think Marie Kondo for the mind, if you will, or the Hemsleys for the soul. Sunday Times As beautiful to look at as it is practical, it is a compendium of inspiration and tips on how to incorporate self-care into contemporary life. Irish Independent Wellness pioneers Nadia Narain and Katia Narain Phillips have spent decades helping others to feel their best. But it took them a bit longer to learn to care for themselves. Here they share the small, achievable steps they picked up on a lifetime s journey towards self-care, and how you can apply them to your life, wherever you are. Right now, you may be deep in the waves of life, being tossed around. Learning self-care is like building your own life boat, plank by plank. Once you ve got your...

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