

Recharge A Year Of Self Care To Focus On You

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In Recharge, Montagu shares an abundance of guidance, tips and advice designed to help you keep self-care at the forefront of your mind and support you on your journey to a well-rounded sense of wellness. Recharge is your month-by-month self-care bible to help replenish your mind, body and soul. Each month of the year covers a specific area of self-care including mindful eating, managing stress, digital detox, rebuilding self-esteem, finding your passions and more.

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So, Recharge is my journey of self-care over the past ten years, put into a month-by-month self-care bible showing others how I did it and teaching others how they can take care of themselves for a MUCH happier and healthier life. At the end of the day, the longest relationship we have in our life is with ourselves.

~~Recharge: A Year of Self-Care to Focus on You by Julie ...~~

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Recharge can also mean that you spend time reconnecting with what you want in your life. It does not have to always be something unrelated such as watching a movie or taking a vacation. Recharging can also come in the form of reconnecting with your deeper self and meaning.

~~10 Easy Methods How To Recharge Yourself For A Fresh Start~~

Recharge : a year of self-care to focus on you. [Julie Montagu] -- 'Among London's taut-buttocked set, the name Julie Montagu is talked about with the sort of reverence reserved for the Dalai Lama.' - Cosmopolitan Recently named one of the top ten holistic health ...

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Recharge +20% 15 minutes of Yoga +40% Guided Meditation +10% Watching TV.

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Deplete-65% Family Functions-20% Going to Work-35% Making Phone Calls. Sometimes something that would normally be depleting to your self-care battery like chores can recharge me because a clean space makes me feel so much better. Therapy can also fall in either category.

~~Self-Care Battery: Recharge Yours! —Blessing Manifesting~~

Self-Care Tips for Parents: Taking “Alone Time” to Recharge Elizabeth Saunders • May 13, 2020 2020 has been a year of upheaval for all of us, but with added stresses including uncertain finances, schools closing, and restless kids stuck at home, being a parent during this time can be particularly challenging.

~~Self-Care Tips for Parents: Taking “Alone Time” to Recharge~~

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~~Recharge by Julie Montagu (2018, Hardcover) for sale ...~~

As you prepare for the holidays and new year, fight the urge to tackle long to-do lists. Instead, take time to recharge and get the rest you need so you have energy to do the activities you enjoy. Recharge is one of eight focal points on the Circle of Health and is a valuable part of self-care.

~~Five resources to help Veterans recharge this holiday ...~~

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