

Access Free 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: A Year of Self-Care to Focus on You. by Julie Montagu. Format: Hardcover Change. Price: \$12.99 + Free shipping with Amazon Prime. Write a review. Add to Cart. Add to Wish List Search. Sort by. Top rated. Filter by. All reviewers. All stars. All formats. Text, image, video ...

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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. 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

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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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A month-by-month self-care bible by world-renowned wellness guru Julie Montagu. 'The ultimate self-care bible for women who want to find their balance in life' Mel Wells 'Wonderful and insightful . . .proves that when you choose YOU every single day, not only will you have more energy for yourself, but you'll have more energy to give back to everyone else.' Kris Carr 'This book is bursting with

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positivity, happiness & a whole wealth of knowledge' Chessie King Recently named one of the top ten holistic health icons in the world, Julie Montagu knows a thing or two about health and happiness. 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.

The Self-Care Year reveals how to re-connect with your body and mind and engage with your surroundings, how to slow down, live in tune with the seasons, and pay attention to the present moment. Each season is different and special, bountiful and beautiful in its own unique way. The book is divided into spring, summer, autumn and winter and covers how you can harness the changing seasons and take inspiration from the natural world, with bite-sized self-care practices, projects and mind and body exercises for each chapter. Offering tips and rituals for better sleep, yoga positions, breathing and meditation exercises, as well as simple craft projects and seasonal affirmations, this book is for those who are seeking a slower pace and want to carve out quiet, mindful moments in their lives. Whether you're a lover of the first buds of spring, a summer sun worshipper, a fan of the crisp burnt offerings as the year turns or a winter wonderland devotee, there is something for everyone.

Balance your unique emotional and energetic sensitivities—and avoid taking on other people's feelings—with these 100 practical activities, rituals, and quizzes, designed specifically for empaths everywhere! If you are an empath, you understand that your unique sensitivity—unusually high awareness of surrounding emotions and energies—can sometimes feel like a challenge. You may find yourself overwhelmed by large groups, worn out by other people's emotions, or inexplicably uncomfortable in certain places. Finding the time and space—and having the empath-specific tools—to rest, recharge, and reconnect with your own emotions and energy is vital for your self-care. Finally, there's a book that helps you do just that! In Self-Care for Empaths, you'll find 100 exercises, quizzes, and rituals that you can incorporate in your daily life to keep you feeling centered, grounded, and energized, including:

- Techniques to help you avoid becoming overwhelmed and drained, like building in healthy retreat and recovery time.
- Tools for setting stronger boundaries, like learning how to tune in or more mindfully tune out of other people's energies and emotions.
- Tricks for remembering that you're not responsible for other people's emotions so you can avoid people-pleasing, rescuing, and codependency.
- And tips for honoring your personal gifts and skills, like exercises to connect to the deeper meaning and purpose of your empath nature.

With Self-Care for Empaths, you'll learn how easy it can be to incorporate self-care

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techniques into your daily routine to stay relaxed, refreshed, and enjoy the magic of your empath abilities.

This is a book about recovery. Not recovery from drugs, alcohol, or surgery, but recovery from the numerous and relentless demands we face in handling our everyday obligations. These demands take a toll on us. Regardless of whether they come from paid employment, caring for young children, looking after elderly parents, or trying to get through graduate school, our daily obligations weigh heavily on us. They deplete our energy. They drain us of motivation. They leave us feeling weary and exhausted. If you tend to feel worn out and want to know how to replenish yourself, this book is for you. We should be able to recover from our daily obligations during our downtime. But many of us don't. In this book we will explain why downtime is inadequate for helping us recharge our batteries, and present you with an effective alternative. Recent scientific developments from around the globe have shed light on the processes that reverse the draining effects of our obligations and help us successfully recover in our leisure time. Not only that, research also reveals that when effective recovery occurs it not only recharges our batteries, but makes us feel happier, makes us healthier, and makes us better at handling the demands that drained us in the first place. We call this boosting to reflect the multi-pronged benefits of successful recovery. In this book we draw on the most cutting-edge science to explain how to transform our ineffective downtime into valuable uptime. Uptime is the time away from our obligations that successfully satisfies the factors that lead us to feel replenished, recharged, recovered, and gives us a boost. Praise for Boost: "Boost has deep implications for everyone" ~ From the Foreword by Shawn Achor, New York Times, bestselling author of Big Potential and The Happiness Advantage "This book is bound to change your life! Writing in an informative, and highly engaging style, Gruman and Healey bring to light a revolutionary new way of dealing with the intensity of everyday obligations. This is by far one of the most comprehensive integrations of modern science and seasoned wisdom in positive psychology. I highly recommend this book." ~ Mirella De Civita, PhD President of Papillon MDC, Founder of Grand Heron International, author of The Courage to Fall into Life "'Boost' does just that! It gives you a lift! This book provides practical and encouraging examples of how to re-energize in the midst of our challenged and time pressured lives. An enjoyable and extremely beneficial read." ~ Chris Kotsopoulos CEO, Children's Wish Foundation of Canada "Do you want to know how to recharge? Boost is a must read for you. This fantastic book helps those of us wanting to understand the impact of replenishing ourselves on enhancing our connections, productivity, and happiness, and provides strategies to seriously improve the quality of our lives." ~ Lola Bendana Director, Multi-Languages Corporation "In the age of doing more with less, what every busy working person needs most is proven, practical strategies for staying productive and focused. This book delivers. After all I've read and

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heard about the energy crisis in today's workplace, Boost told me a lot I didn't know—and will apply, starting now." ~ Rona Maynard Former Editor of Chatelaine, Author of My Mother's Daughter "In today's world of smartphones, tablets, and relentless connectivity, it is almost impossible to find a reprieve from the stresses of our day to day lives. Gruman and Healey provide clear, well articulated, evidence-based guidance in their expertly written book. Boost is an essential read for anyone looking to live life to the fullest." ~ Marie-Helene Budworth, PhD Associate Professor, School of Human Resource Management, York University

In times of challenge as well as ease, we all need a helping hand to stay on top of our game, make successful decisions, and find peace of mind in the midst of people and events that might distract us. This collection of inspiring, poignant, and humorous real-life stories, coupled with uplifting insights, will show you how to keep your head on straight and your heart open no matter where you are or what you're doing. In his uniquely warm and down-to-earth way, Alan Cohen teaches you through meaningful examples that you're in the perfect position to use your talents and assets to turn your life into all you want it to be. Each day-of-the-year entry contains a theme, an elegant quotation, a true-to-life anecdote, a short lesson, a question for self-study, and an empowering affirmation. In the tradition of Alan's highly popular and award-winning book A Deep Breath of Life, you can use this book on a daily basis for a potent uplift and gain valuable tools to feel better, create career and financial success, deepen the quality of all of your relationships, and find personal fulfillment that lifts you far beyond what you've known in the past.

"To love oneself is the beginning of a lifelong romance." Oscar Wilde When pursuing your dreams and a joyous, fulfilling life, self-care isn't just beneficial, it's essential. More than just a fad, self-care is a way to nurture the soul, feel secure in your own skin and restore yourself to optimum health, both mentally and physically. Despite this, self-care isn't always at the top of everyone's to-do list and often becomes an afterthought in our busy lives. The Little Book of Self-Care shows you how to take time for yourself, keep stress at bay and take control of your mental health. Through restorative tips, positive quotes and inspiring exercises, learn how to untangle your busy life, embrace your wellbeing and fall back in love with yourself.

"Do you feel emotionally and physically drained? Are you tired of being sick and tired? Are you tired of saying YES when you mean NO? Does overwhelm follow you wherever you go? In Are You Ready to Recharge Your Battery...Secrets of work/life balance, Weinstein offers you the reset button that will recharge your batteries. She tells it like it is and unveils the secrets we all need." --Amazon.

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In Search of the Good Life Have you ever felt that your life--and budget--is spiraling out of control? Do you sometimes wish you could pull yourself together but wonder exactly how to manage all the scattered pieces of a chaotic life? Is it possible to find balance??? In a word, yes.?? Ruth Soukup knows firsthand how stressful an unorganized life and budget can be. Through personal stories, biblical truth, and practical action plans, she will inspire you to make real and lasting changes to your personal goals, home, and finances. With honesty and the wisdom of someone who has been there, Ruth will help you: * Discover your "sweet spot"--that place where your talents and abilities intersect. * Take back your time and schedule by making simple shifts in your daily habits. * Reduce stress in your home and family by clearing out the clutter. * Stop busting your budget and learn to cut your grocery bill in half. Who Needs This Book? Living Well, Spending Less was written to bring hope and encouragement to every woman who currently feels overwhelmed or stressed with a life--and budget--that feels out of control. It speaks to the mom trying to juggle all the demands of a busy life with the pressure to keep up with those around her. It is a practical guide for those of us who often long to pull ourselves together but don't always know how. It is real, honest, packed with practical tips, and speaks to the heart of the matter--how can we live the life we've always wanted? Want to know if this book is for you? * Do you ever find yourself comparing your life to those around you? * Have you ever wished for the courage to follow your dreams? * Do you ever struggle to stay organized or get things done? * Have you ever felt loaded down with stuff you don't really need...or even really want? * Do you ever struggle to keep your finances on track? * Do you sometimes long for deeper, more authentic relationships in your life? If the answer to any of these questions is YES, this book provides real and practical solutions from someone who has been there. Ruth doesn't just offer advice, she walks it with you, and shares with brutal honesty her own mistakes, failures, and shortcomings. It is encouraging, motivating, and life-changing. What Others Are Saying: "An incredible book that will teach you how to spend smart without compromising a great life. Ruth's stories and practical advice will make you want to be a better mother, wife, sister, and friend." --RACHEL CRUZE, coauthor with Dave Ramsey of Smart Money Smart Kids "Ruth knows firsthand how mamas like us live crazy busy lives, and she steps in as a friend to help us manage and love every minute of it. She offers her best tips for gaining control over the chaos with wisdom-based insights on all things thrifty and family. I'll be reading it again and again!" --RENEE SWOPE, bestselling author of A Confident Heart

The best-selling author of The Millionaire Manager presents a case for a new approach to human ambition and achievement in today's stressful, technologically driven world, drawing on neuroscience studies and case studies to profile 10 sources of motivation that can be strategically applied by today's business

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leaders. 150,000 first printing.

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