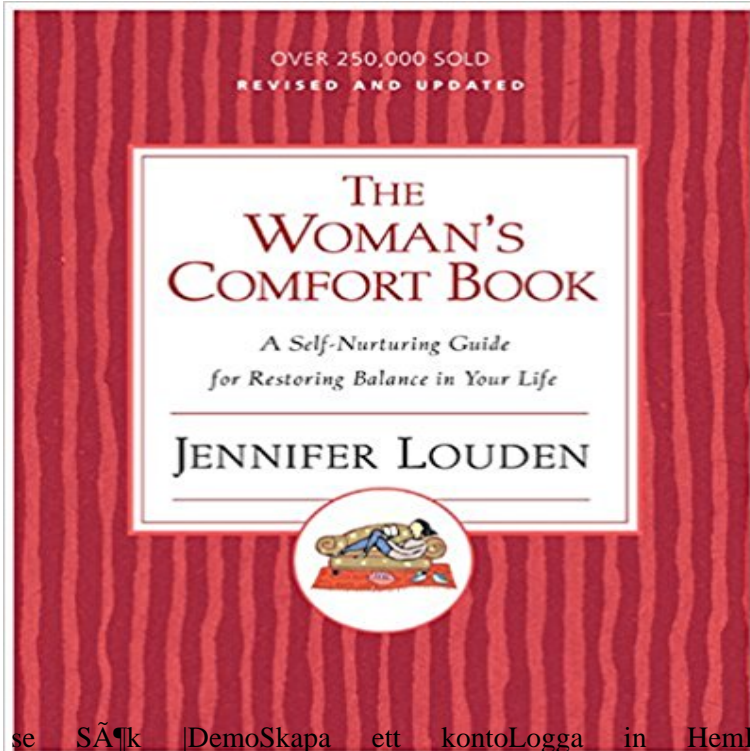


# The Womans Comfort Book: A Self-Nurturing Guide for Restoring Balance in Your Life



With over 200 prescriptions for giving yourself a break, this book helps the reader to sort out guilty feelings about selfnurture and to define her comfort/selfnurture needs. In this book the author delivers a host of creative and comforting programmes like the selfcare schedule, creative selfishness, creating a comfort network, body delights, a personal sanctuary, the comfort journal, bathing pleasures and comfort rituals. Organised by topic and crossreferenced 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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