



Self-Care for Life: Find Joy, Peace, Serenity, Vitality, Sensuality, Abundance, and Enlightenment - Each and Every Day

Alexander Skye, Lester Meera

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The best way to take care of your self is to take care of your Self. With its unique three-fold approach, this book helps you nurture and nourish the mind, body, and spirit within the natural course of every day:

Mind

Take a break from the (bad) news.

It's hard to find spiritual sustenance and renewal in a world rocked by tension. So turn off the television and radio, stay off the Internet, and stop the daylong bombardment of negativity from virtually every media outlet.

Body

Drink a cup of gyokuro tea.

Theanine is an amino acid that increases alpha brainwave activity--and gyokuro tea is chock full of it. One cup of this Japanese green tea and you'll be calmer and wiser for up to four hours.

Spirit

Choose a natural talisman.

A talisman is a token chosen to create a certain effect. Crystals, stones, and feathers are natural talismans you can use to protect yourself from anxiety, relieve stress, and remind you who you really are.

From alternative medicine and ayurvedic nutrition to chakra healing and tantric sex, this book allows you to weave self-care into the weft and woof of your lives, transforming your lives--moment to moment, hour to hour, day to day.

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