

Shelley Hunter Hillesheim helps you construct Team YOU--your very own support system and personal well-being team. Through Self-Care Dares and exercises, Shelley leads you to identify what you need and how to take inspired action steps to put your own oxygen mask on first. You will intentionally design a more complete and fulfilled life where you get to experience self-care as the center of your day-to-day living, which ultimately nourishes and flourishes every other aspect of your life. Self-Care 101 is for YOU if you find yourself asking: \*How do I make time for ME? \*Why does life always seem so overwhelming? \*Why am I so depleted and exhausted all of the time? \*Is it possible to take care of myself without feeling guilty? \*How in the world do I get the support I need for making myself a priority? Shelley guides you through the journey to arrive at empowered awareness, sustainable practices to address your body, mind and soul, and a new story that honors Team YOU.

Achieve Your Dream Life: Master the Law of Attraction, The Vampire Diaries: Shadow Souls (The Return: Vol. 2), French Cooking, Gisserots Famous Cookbooks, Influenza Sin Poder: El Desafio Argentino Ante Los Foros Internacionales (Changing Nature of Democracy) (Spanish Edition), By All Means Necessary: How Chinas Resource Quest is Changing the World, Fierce Conversations: Achieving Success at Work & in Life, One Conversation at a Time (CD-Audio) - Common,

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