



The Self-Care Guide for #Theresistance: A Workbook for the Socially Conscious And/ Or Stressed (Paperback)

By Seema Rao

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The ideal workbook for the newly politically active and stressed activist alike. The book takes a gentle, active approach to heady, complicated issues. Seema Rao, a self-professed political junkie, based this book on exercises that helped her live through the election cycle without exploding from stress. The reader is led through a series of hand-drawn tasks and thought-provoking prompts to help manage their stress and anger, to take care of their mind and body, and to hone their political action.



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Reviews

Definitely one of the better book We have possibly read. We have read through and i also am certain that i am going to gonna study once again yet again in the foreseeable future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Enrique Labadie**

Unquestionably, this is the greatest operate by any article writer. I could comprehended everything out of this written e ebook. Your way of life span will be transform as soon as you total reading this book.

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