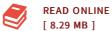


The Self-Care Guide for #Theresistance: A Workbook for the Socially Conscious And/ Or Stressed (Paperback)

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.



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. -- Andy Erdman

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