



The Woman's Comfort Book: A Self-Nurturing Guide for Restoring Balance in Your Life

Jennifer Loudon

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With over 200 prescriptions for giving yourself a break, this book helps the reader to sort out guilty feelings about self-nurture and to define her comfort/self-nurture needs.

In this book the author delivers a host of creative and comforting programmes like the self-care schedule, creative selfishness, creating a comfort network, body delights, a personal sanctuary, the comfort journal, bathing pleasures and comfort rituals. Organised by topic and cross-referenced 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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