

Get Rid Of Barriers To Self-Care



HOW TO SHOW YOURSELF
COMPASSION

GET RID OF BARRIERS TO SELF-CARE



Author: Dr. Nancia Leath LPC NCC CPCS

Editor: Heather Brothers



Alpharetta, Feb 21, 2019 ([IssueWire.com](http://www.IssueWire.com)) - Self-care is not indulgent. Self-care is real and needs to be done by anyone who experiences negative and positive forms of stress. There are many resources out there to help you with selecting self-care activities, but many of you need to overcome barriers for lack of motivation towards self-care. *How To Show Yourself Compassion - Get Rid Of Barriers To Self-Care* by Nancia Leath will help you overcome your barriers and take steps towards self-care.

Dr. Nancia Leath is a licensed professional counselor for the state of Georgia. Nancia has over 20 years of counseling, industry, and private practice combined experience. She combines her clinical counseling expertise with her business knowledge to offer clients a unique perspective of problem-solving.

Title of Book: *How To Show Yourself Compassion - Get Rid Of Barriers To Self-Care*

Author: Dr. Nancia Leath

Editor: Heather Brothers

Email: Nancia.leath@inwardcorehealthcare.com

Amazon: \$9.99 - https://www.amazon.com/How-Show-Yourself-Compassion-Self-Care/dp/0979654645/ref=sr_1_fkmr0_2?ie=UTF8&qid=1550777518&sr=8-2-fkmr0&keywords=How+to+show+self+compassionNancia+Leath

Kindle: \$9.99

Published: February 2019

Media Contact

Inward Core

info@inwardcorehealthcare.com

4042754115

Source : Inward Core, Inc

See on IssueWire : <https://www.issuewire.com/get-rid-of-barriers-to-self-care-1626118087632238>

