



From Coping to Thriving: How to Turn Self-Care Into a Way of Life

Hannah Braime

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Self-care is a necessary part of being alive, not something we resort to when we're at our most burned out, vulnerable, and desperate. It's is "the right and responsibility to take care of your physical, emotional and spiritual well-being." (Pauline Salvucci) *From Coping to Thriving* will show you exactly how to do just that. This is a comprehensive guide to making self-care part of your everyday life. With a balance between practical suggestions, coaching-style questions and psychological groundwork, *From Coping to Thriving* is designed to give you the self-knowledge and awareness you need to start making self-care an integral part of your life, instead of something that lives at the bottom of your priorities list. Not only does the book contain hundreds of useful tips and ideas to get you going with a regular self-care practice, it will also take you deeper into related topics like habit-formation, coping strategies, dealing with resistance to self-care and more.

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