



THE WOMAN'S COMFORT BOOK : A Self-Nurturing Guide for Restoring Balance in Your Life

By Louden, Jennifer

HarperSanFrancisco/HarperCollins, San Francisco, CA, 2005. Soft Cover. Condition: NEW. First Edition, 2nd Printing. NEW COPY w/trace shelf wear. Guide to nurturing the self for women of all ages, particularly relevant in this age of equality of sexes. Some 200 ways for health in body, mind, and spirit. Rich in self-care ideas such as cultivating creative selfishness rituals to render one stronger and even better able to nurture others whom one loves. Organised by topics with attention on being mindful of what is pleasing to one's self.



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A top quality publication along with the font used was intriguing to read. I really could comprehend everything using this written e book. Its been designed in an remarkably straightforward way and it is only after i finished reading through this publication by which basically altered me, modify the way i believe.

-- Cathrine Larkin Sr.

Very useful to all of group of people. I actually have read through and so i am certain that i will planning to study yet again once again down the road. I am just very easily can get a satisfaction of looking at a created book.

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