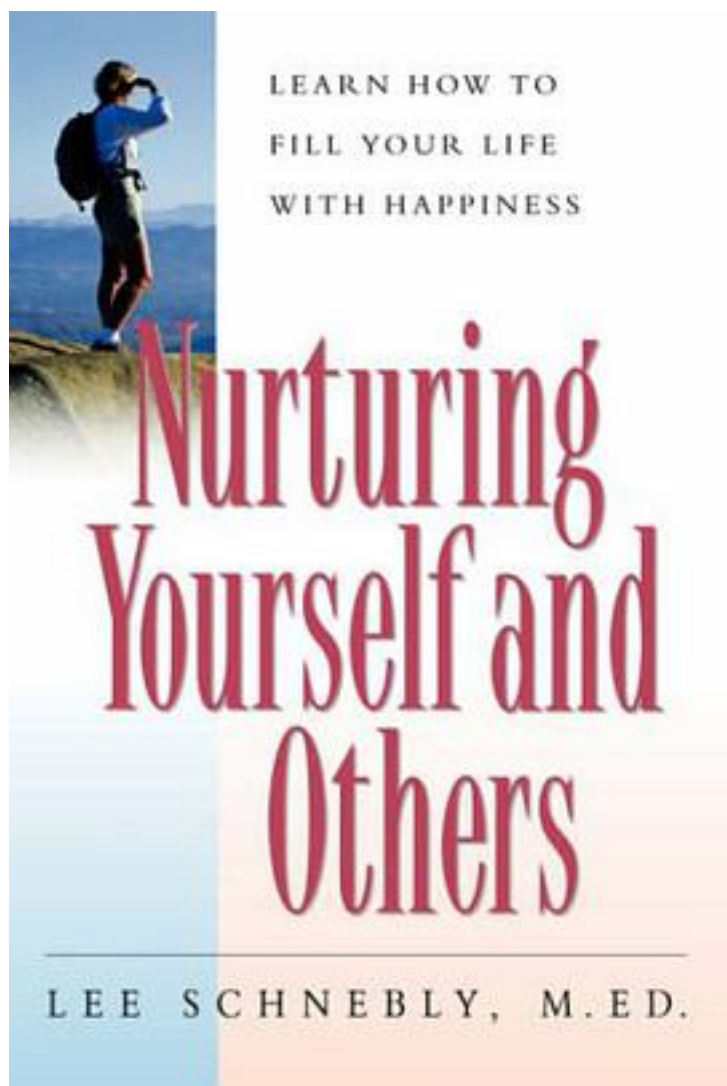


Nurturing Yourself And Others



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著者:Schnebly, Lee

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A self-help book for people who give too much. Nurturing Yourself and Others is a lighthearted book with serious intent. Through humor, personal anecdotes, practical exercises, and down-to-earth advice, Lee helps us understand ourselves and others and shows us that the problems we face every day are not insurmountable! Learn about: Self-esteem and how it motivates you

Examining your feelings and taking control

Encouraging yourself and others

The difference between encouragement and praise

How to let go

Living the moment

Improving your relationship by understanding sexual attitudes

Dealing with behavior

Communicating successfully in all your relationships

Understanding and establishing priorities

Risk taking

Common myths and misconceptions about relationships and feelings

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