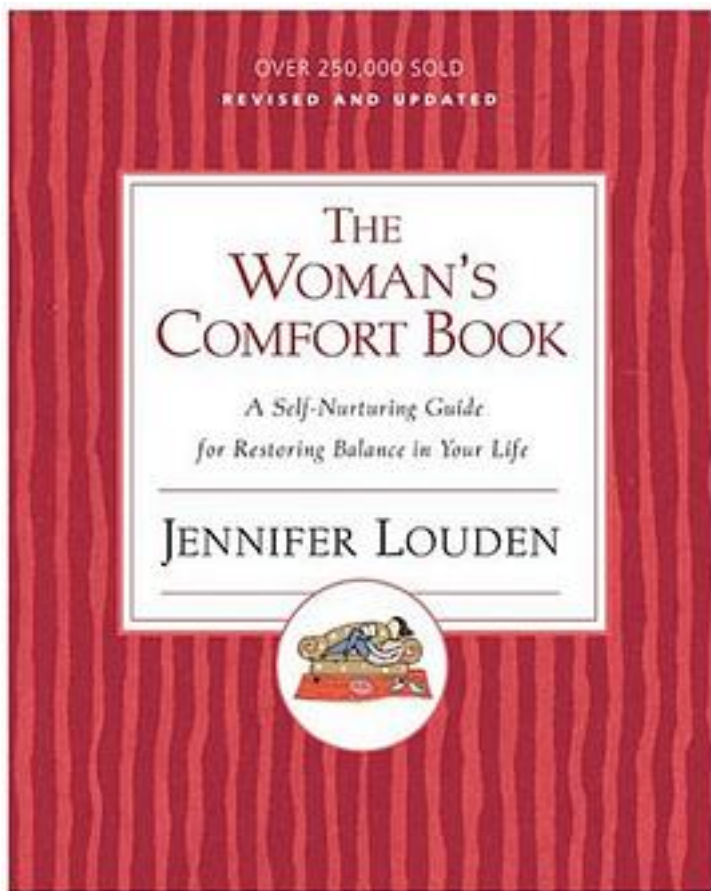


The Woman's Comfort Book



[The Woman's Comfort Book_下载链接1](#)

著者:Louden, Jennifer

出版者:Harpercollins

出版时间:2005-2

装帧:Pap

isbn:9780060776671

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.

作者介绍:

目录:

[The Woman's Comfort Book_下载链接1](#)

标签

精神之旅

评论

[The Woman's Comfort Book_下载链接1](#)

书评

[The Woman's Comfort Book_下载链接1](#)