

Why Don't I Do the Things I Know Are Good for Me?

WHY DON'T I DO THE THINGS I KNOW ARE GOOD FOR ME?

TAKING
SMALL
STEPS
TOWARD
IMPROVING
THE BIG
PICTURE



BJ GALLAGHER

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著者:Gallagher, BJ

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Women know what they should be doing, but still often don't do it. Gallagher explores the reasons why, and helps women to help themselves.

Women know what they ought to do-eat right, exercise more, get plenty of rest, save money, and make smart decisions in their own best interest. But instead, it seems that women often take care of everyone else, yet neglect themselves. It's time they realize they're not hopeless or helpless. Here, sociologist and self-care expert BJ Gallagher shares fifty-two ways they can put themselves first on their priority list-rather than last.

The book begins by exploring the most common reasons women don't take good care of themselves, and how those barriers can be overcome once they are recognized. Readers will discover step by step how small changes can have a big impact; how to replace poor habits with good ones; and finally, how to avoid the "quick fix" traps. BJ Gallagher's tips, tools, and suggestions will guide every woman to a life she deserves-taking better care of themselves and their loved ones.

作者介绍:

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