



Self-Care for the Wounded Soul: 21 Days of Messy Grace (Paperback)

By Steve Austin

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you have ever felt hopeless, if you have ever believed that all the bad things in your life were beyond redemption, if you have ever felt unworthy of being loved or accepted, if you have ever feared what would happen if people found out whatever it is that haunts you - I get it. I have been there, too. Maybe you are recovering from abuse, addiction, or a suicide attempt like me. Maybe you are struggling with anxiety or depression and don't know why yet. No matter what your starting point is, the tools in this journal will help you begin to answer the question, Now what? You're tired of living this way. You want to change your life, and you don't know where to begin. I hope this 21-day self-care journal will help you answer that question. It's time to take ownership of your life, and that begins with good self-care. It's hard work, but you can do it. No more running, no more hiding, no more masks. No matter what your journey has...

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