

**THE ART OF EXTREME SELF CARE BY CHERYL
RICHARDSON**



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The Art of Extreme Self Care Transform Your Life One

One of my friends sent me an email with "Downtime" from Cheryl Richardson aka Coach on Call. Then I stumbled on this book in the local library and it seemed like a sign that I should read it or at least skim it. Interesting that Thomas Leonard, founder of Coach University, was her coach. This is where she learned the model of extreme self care.

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