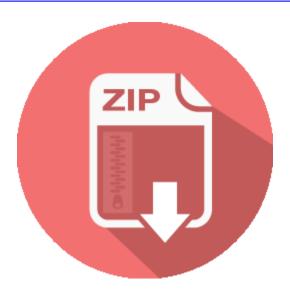
# THE ART OF EXTREME SELF CARE CHERYL RICHARDSON



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The Art of Extreme Self-Care x During the intake process, Thomas asked me to tell him a little about my life. He wanted to get a sense of who I was and how

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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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If you're afraid to disappoint people and concerned about feeling guilty when you do, learn The Art of Extreme Self Care. Cheryl Richardson is the New York Times bestselling author of several books including, Take Time for Your Life, Life Makeovers, Stand Up for Your Life, The Unmistakable Touch of Grace, The Art of Extreme Self Care and her new book with Louise Hay called You Can Create an Exceptional Life.

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