



## Take Care Of Yourself: The Complete Illustrated Guide To Medical Self-care, Sixth Edition

By Vickery, Donald M.; Fries, James F.

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And although the below illustrated guide is by no means a one-size-fits-all guide to self-care , itâ€™s a damn good place to start. Itâ€™s a series of reminders that all seem simple but are in fact exceptionally difficult to remember and to practice consistently. Save this, pin it, print it, and share it with your friends. But above all, let it inspire and remind you to care for yourself just a little bit better each day. Because as Lâ€™OrÃ©al would sayâ€¦youâ€™re worth it. by Joey Yu.

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