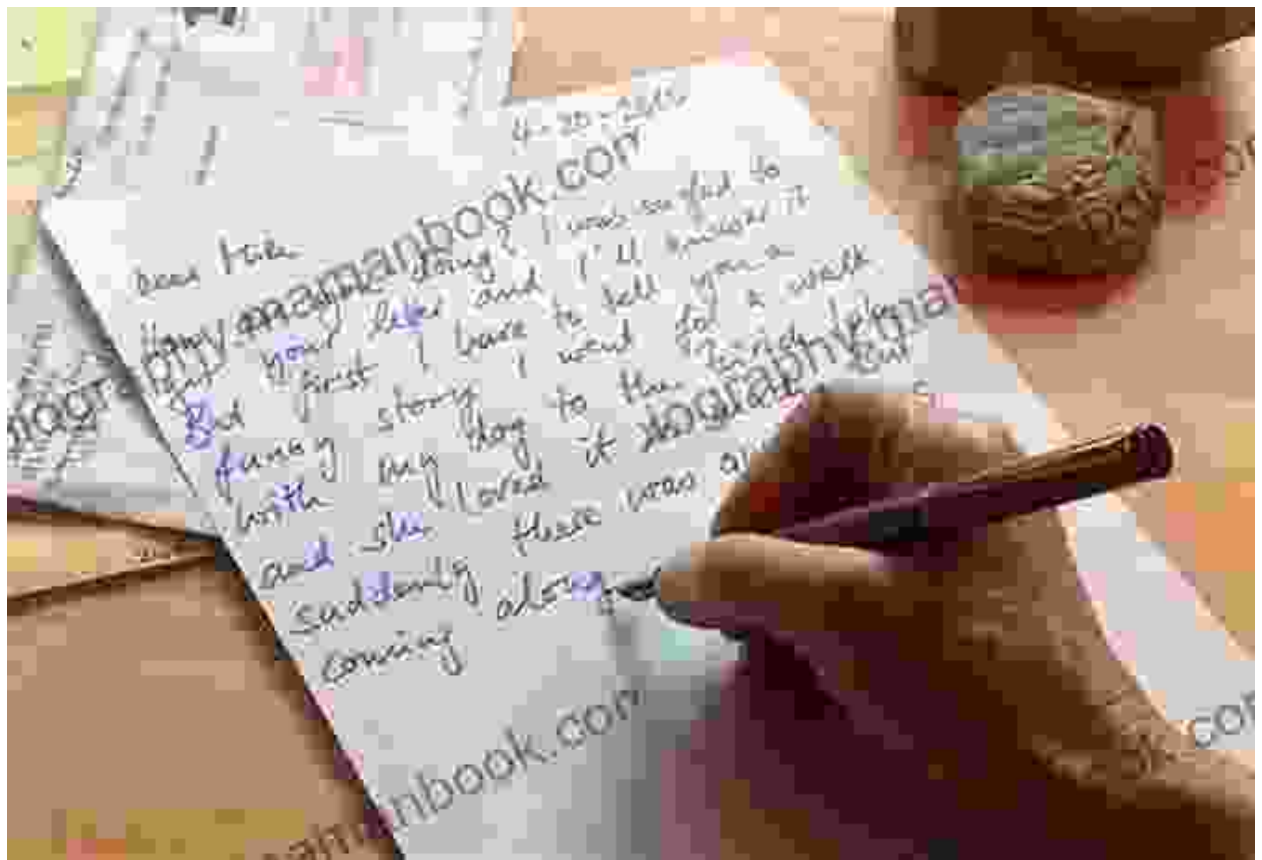


150 Captivating Self-Care Activities to Embrace the Season's Cheer

Indulge in Creative Expression





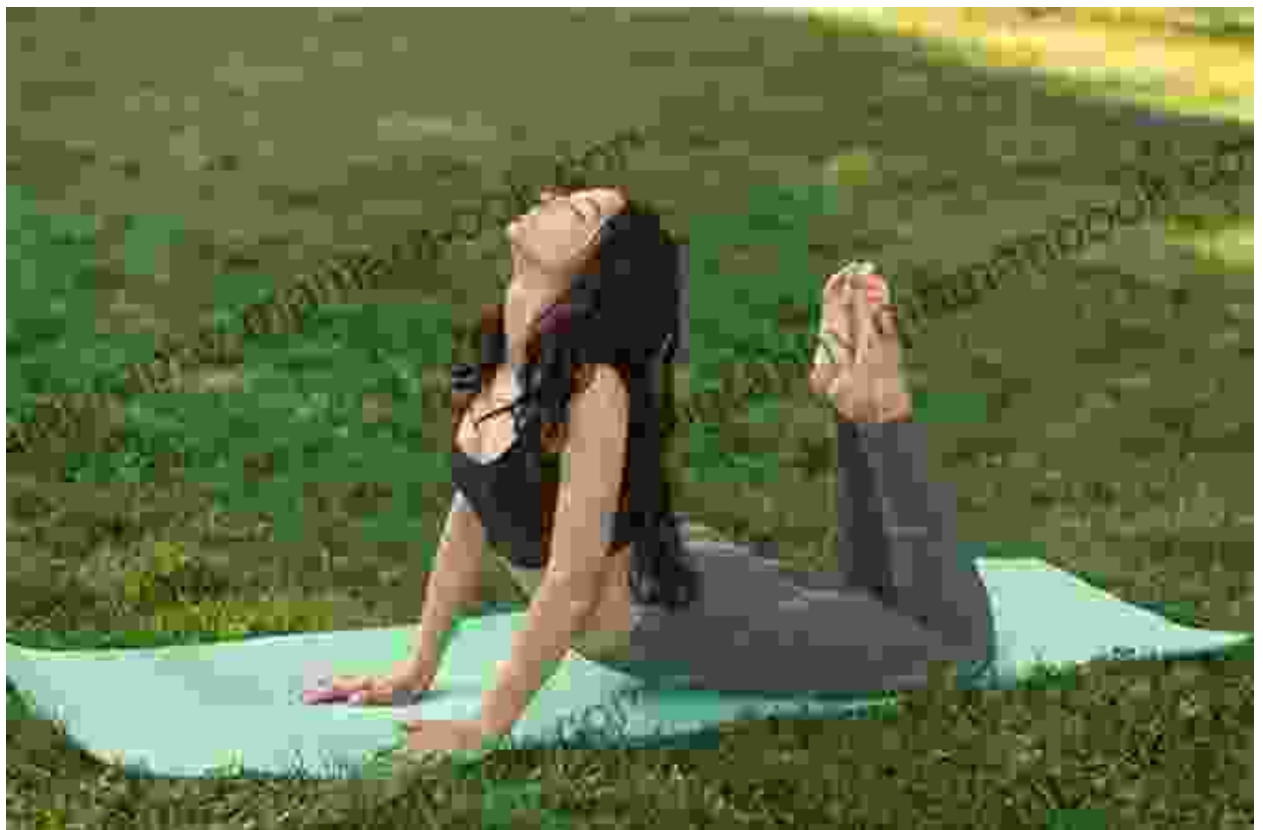


Christmas Carol



Embrace Mindful Relaxation









▪

Explore Festive Entertainment







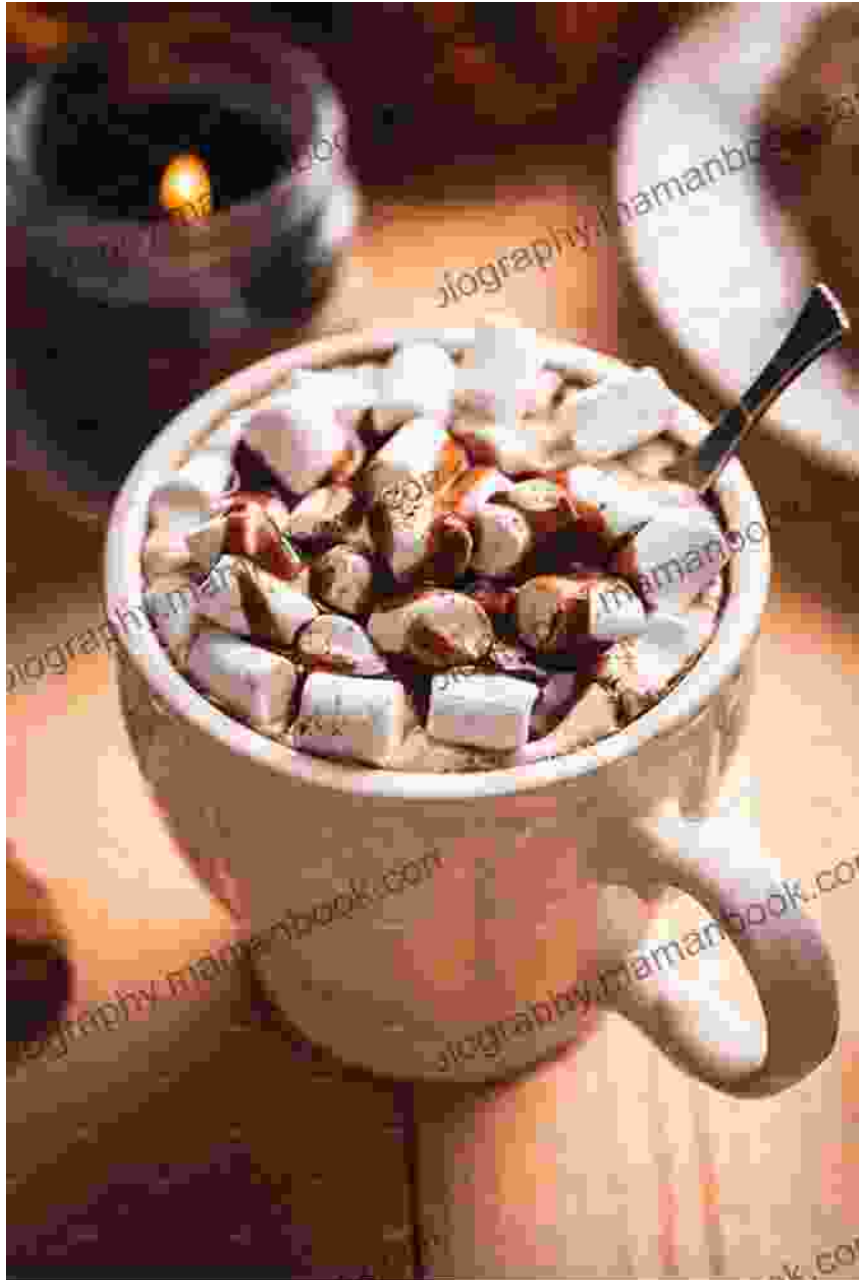


Nurture Physical Well-being









■ **Celebrate Holiday Traditions**







Soak up the Festive Atmosphere









Nourish Your Mind and Soul



150 Holiday Self-Care Activities: 150 ways to radically care for your body, mind, and soul!

by Mark R Williams

★★★★☆ 4.6 out of 5

Language : English

File size : 2364 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 10 pages
Lending : Enabled



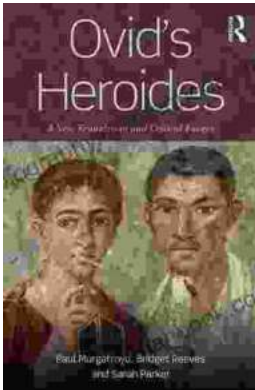
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