



Self-Nurture: Learning to Care for Yourself as Effectively as You Care for Everyone Else

Alice D. Domar , Henry Dreher

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Everyone knows

someone who

needs this book

Think about how you feel at the end of a day when you find your first free moment so late in the evening that you're too exhausted to enjoy it. If you've had too many days like this, find the help you need to transform your life in **Self-Nurture**. Harvard psychologist **Alice D. Domar, Ph.D.**, shows you how to restructure your life in a way that lets you breathe. Here are inspiring stories, easy-to-follow exercises, and meditations that will shift your focus from self-sacrifice to self-care. Written with wisdom and humor, Self-Nurture will empower you to develop the same fierce and tender concern for yourself that you've always given to those you love--a gift for anyone who needs to learn the art of self-care.

To listen to an interview with Alice Domar, check out www.TalktoTara.com

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Deb says

* *

The safety instructions given on every airline flight advise you to put on your own oxygen mask before attempting to help others with theirs. Similarly, the overriding message of Alice Domar's book is that you can only be of help to others once you have nurtured yourself. With real-life examples, cognitive restructuring techniques, mind/body exercises, writing assignments, and poignant insight, Alice provides inspiration and instruction for essential self care. Encompassing the realms of relationships, work, and play, Alice's book serves as a metaphorical oxygen mask for helping women breathe mindfully in all areas of their lives.

Bridget says

Have this book

Phoenix says

I found this book pretty different from other self care books due to the fact it is written from the viewpoint of a woman for women, due to this the author is able to empathise and understand the societal pressures that may result in women not taking time out to care for themselves. The book tackles emotional problems such as guilt stemming from childhood relations which affect our thought patterns in adult life. Being able to relate to what the author is saying, and due to the author being realistic in terms of the advice that she gives, makes the book easy to use and follow and therefore is more encouraging for the reader. Reading the book, it feels as if the author may be your friend, or even your sister as she talks from such a personal level about issues which have affected her and many other women that she knows. As all self care books, the book involves the reader putting in willpower and making an effort, but due to its inspiring nature, this is not too difficult. I would recommend this book to other women who find it difficult to take care of themselves and find themselves overcompensating for the needs of others before themselves

Beth says

This book is divided by season and offers good ideas for taking care of yourself during the different parts of the year. I'm really impressed with the approach and the variety of strategies.

Sarah Battersby says

"The only way we can have fully formed selves is by granting ourselves the same tenderness and fierce protectiveness we'd otherwise reserve for a beloved child. " ~Self Nurture, by Alice Domar.

Good lesson to learn.

Anna says

Not bad, but nothing revolutionary here. Talks more about typical ways to engage in self-care with limited discussion on how to work through the issues that often impede women.

Joann says

Every mother should read this!

Kathy B says

Self-Nuture was was an insightful, humorous book which I enjoyed enough to follow several ideas and comments including the Meditations. This routine lasted for only 3 months as I couldn't be consistent. However, I continue to read it on occasions when I feel I need some self-care. I enjoy Alice D. Domar.

Anita says

I read this book to fulfill the goal "read a self improvement book" I didn't like it at first. it mostly was all about how to meditate, and she kept tying our problems back to unresolved anger at our parents and spouses. I thought it was a bunch of malarky, but as i read the book i started deep belly breathing. it didn't seem to make much difference. that evening though, i discovered i was more cheerful. i actually laughed out loud at something which i almost never do. i was singing and moderately happy. it happened the next day too. i still don't think i have any issues with my parents or really my spouse that are making me sick, but somehow the exaggerated deep breathing does seem to make me feel better, and for that reason i am glad i read the book.

r.b says

This book seems like a great supplementary text for people providing or receiving Dialectical Behavior Therapy. Techniques that incorporate both mindfulness and cognitive behavioral therapy are clearly described.

Erik says

This book basically said, "chill out and be good to yourself" in about five different ways and applied in five different relationships. Good advice, but boring as a read.
