



# Extreme Self-Care for Women

*“Dare to put yourself 1<sup>st</sup> and make your greatest contribution to humanity.”*

THE ART OF EXTREME SELF-CARE is about “giving yourself permission to care for yourself deeply and deliberately. As we do this, we naturally begin to care for others – our families, our friends, and the world – in a healthier and more effective way. We become conscious and conscientious people. We tell the truth. We make choices from a place of love and compassion instead of guilt and obligation. And we begin to understand on a visceral level that we’re all connected, and that our individual actions affect the greater whole in a more profound way than we ever imagined.” – Cheryl Richardson

## Lunch-Hour Telegatherings for Women

Through periodic telegatherings (phone conferences), we will discuss at extreme self-care lessons outlined in Cheryl Richardson’s book *The Art of Extreme Self-Care*.

### Chapter Topics

- End the Legacy of Self-Deprivation
- Mirror, Mirror on the Wall
- Disappointing Others
- The Power of Rhythm and Routine
- Take Your Hands off the Wheel
- The Absolute NO List
- Soul-Loving Space
- You’re So Sensitive
- Tune-Up time
- Does That Anger Taste Good?
- Wake Up to your Passions!
- Your Extreme Self-Care First-Aid Kit

### RSVP for a Telegathering

- Sign-up at [www.Meetup.com](http://www.Meetup.com) (search Extreme Self-Care) to receive notices about Extreme Self-Care telegatherings, retreats and other events.
- Contact Coach Cathy at [c.northcutt@cox.net](mailto:c.northcutt@cox.net) or 619-460-6593
- More details at [www.CathyNorthcutt.com](http://www.CathyNorthcutt.com)

### Investment

- \$20 per month by honor system; you are welcome to attend the first call free.
- Checks payable to Cathy Northcutt
- Please mail check prior to telegathering date
- Mail to: 6305 Sunny Brae Drive, San Diego, CA 92119

**This is a sane and sensible program that gives you the permission you need to dramatically upgrade your life! Really, it’s true!!**

