



# 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 extreme self-care lessons outlined in Cheryl Richardson’s book *The Art of Extreme Self-Care*. Please email Coach Cathy at [c.northcutt@cox.net](mailto:c.northcutt@cox.net) for more details.

### 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

**This is a sane and sensible program that gives you the permission you need to dramatically upgrade your life!**