



## Permission to Rest: How to Cultivate Life of Self-Care, Rejuvenation, and Nurturing the Spirit

By Debra Mae White

Debra White Stephens, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Permission to Rest is a Gift You Give Yourself Do you feel empty inside even though it looks like you have it all together? Do you find yourself powering through when all you want to do is pause? Are you driven to get it all done despite the toll it's taking on you? Permission to Rest will show you how to Identify your signs of impending burnout and stop overdoing before you crash Uncover the hidden damage caused by doing too much Dig deep to discover why you are pushing yourself so hard Learn how to create an effective resting practice Shift gently to a healthier, balanced, sustainable way of life If you feel your spirit, your body, your heart telling you that something needs to change, this book will help you take the first essential step: giving yourself Permission to Rest.

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