



## The Self-Care Guide for #Theresistance: A Workbook for the Socially Conscious And/ Or Stressed (Paperback)

By Seema Rao

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The ideal workbook for the newly politically active and stressed activist alike. The book takes a gentle, active approach to heady, complicated issues. Seema Rao, a self-professed political junkie, based this book on exercises that helped her live through the election cycle without exploding from stress. The reader is led through a series of hand-drawn tasks and thought-provoking prompts to help manage their stress and anger, to take care of their mind and body, and to hone their political action.



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