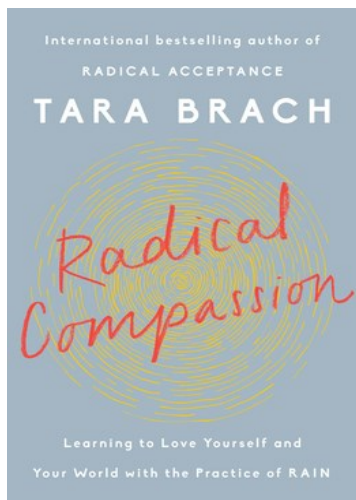




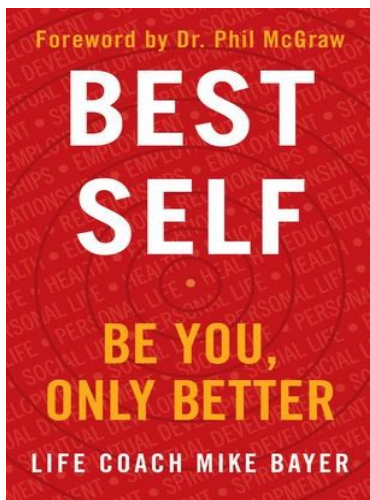
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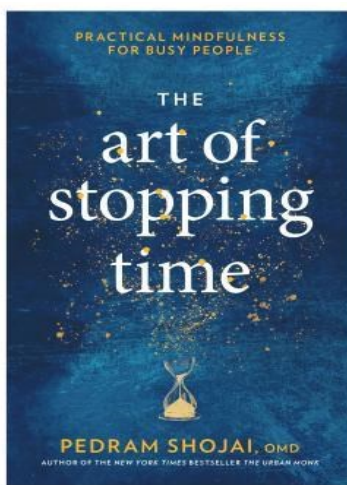
Self Care



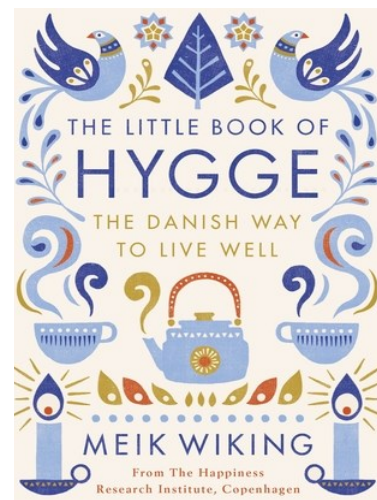
Brach, Tara
Radical Compassion
158 Bra



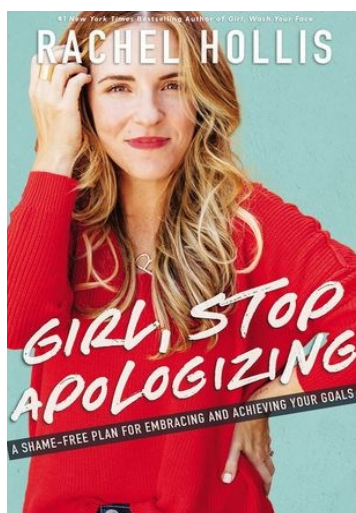
Bayer, Mike
Best Self
158.1 Bay



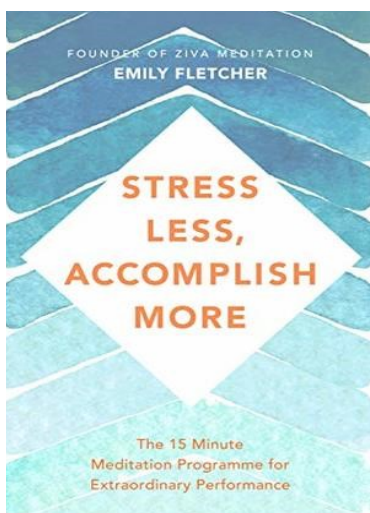
Shojai, Pedram
The Art of Stopping Time
158.1 Sho



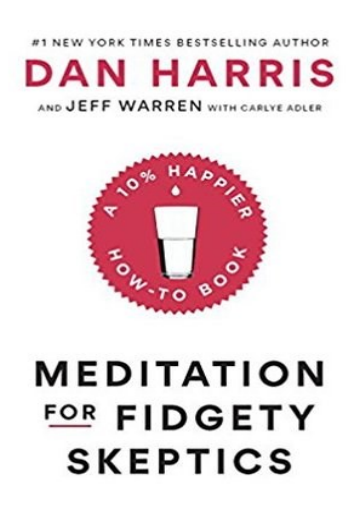
Wiking, Meik
The Little Book of Hygge
158.1 Wik



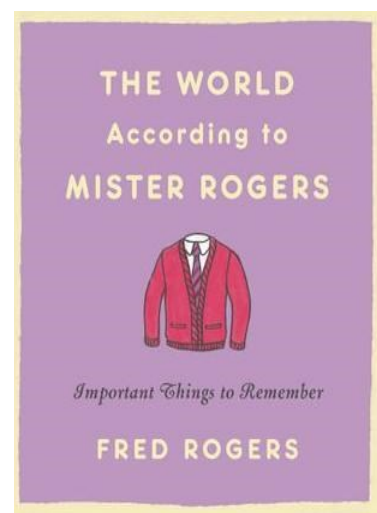
Hollis, Rachel
Girl, Stop Apologizing
158.1082 Hol



Fletcher, Emily
Stress Less, Accomplish More
158.12 Fle



Harris, Dan
Meditation for Fidgety Skeptics
158.12 Har



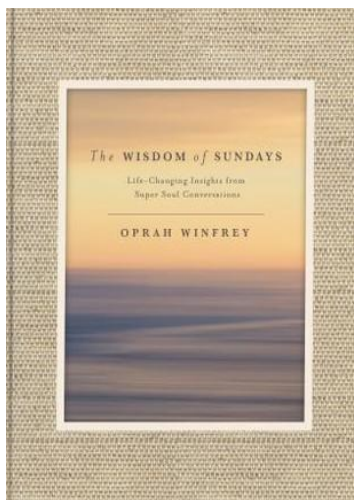
Rogers, Fred
The World According to Mister Rogers
170.44 R



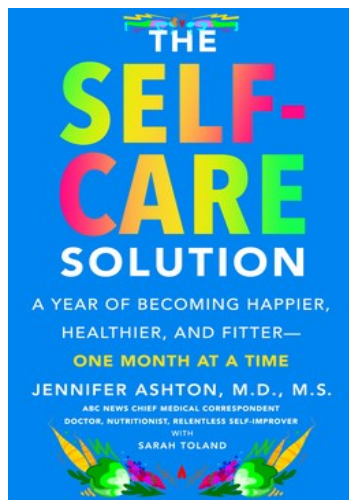
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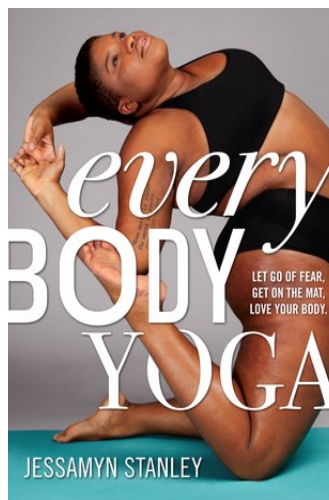
Self Care



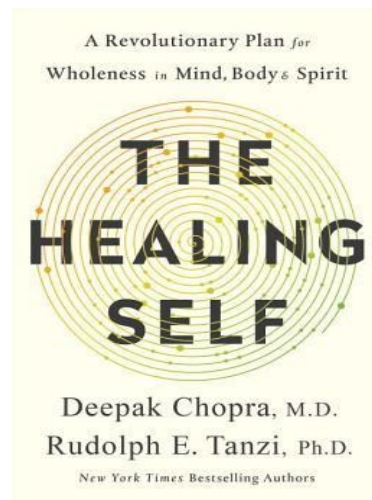
Winfrey, Oprah
*The Wisdom of
Sundays*
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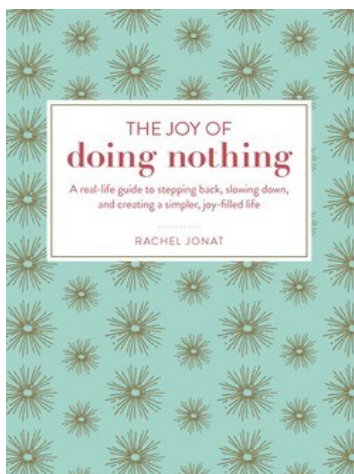
Ashton, Jennifer
*The Self-Care
Solution*
613.2 Ash



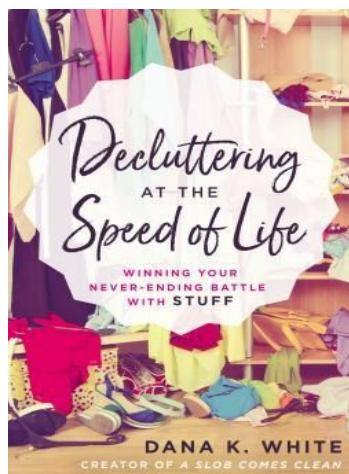
Stanley, Jessamyn
Every Body Yoga
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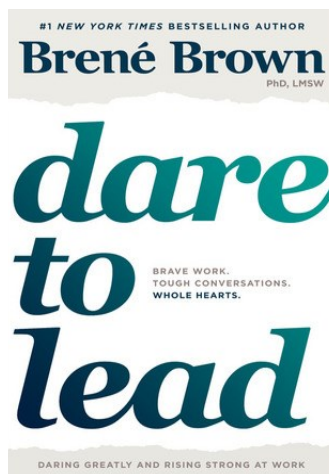
**Chopra, Deepak
& Rudolph E. Tanzi**
The Healing Self
615.851 Cho



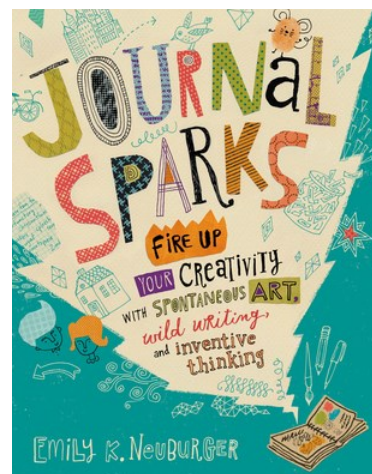
Jonat, Rachel
*The Joy of Doing
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646.7 Jon



White, Dana K.
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Speed of Life*
648.8 Whi



Brown, Brené
Dare to Lead
658.4092 Bro



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Journal Sparks
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