

"A manual for everyone about
real health from the inside out."

REESE WITHERSPOON

self-care
for the
real world

nadia norain
&
katia norain phillips



Nadia Narain

Self-Care for the Real World



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Wellness pioneers Nadia Narain and Katia Narain Phillips have spent years helping others to feel their best, nonetheless it took them a little bit longer to comprehend how to look after themselves. Their Self-Care for real life is a combined mix of friendly advice, personal stories, exercises, and recipes. They're not here to give strict instructions or preach drastic existence changes, but to provide small suggestions to assist you toward becoming the best edition of yourself. The authors are sharpened and funny, plus they acknowledge that there surely is no one way to practice self-care. Here they share the small achievable methods they have learned, and how you can apply them to your personal life, wherever you are. The result is a useful guide to self-care for real people who have busy lives.



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Good and smart read Beautiful, well crafted, advice served in little pieces



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