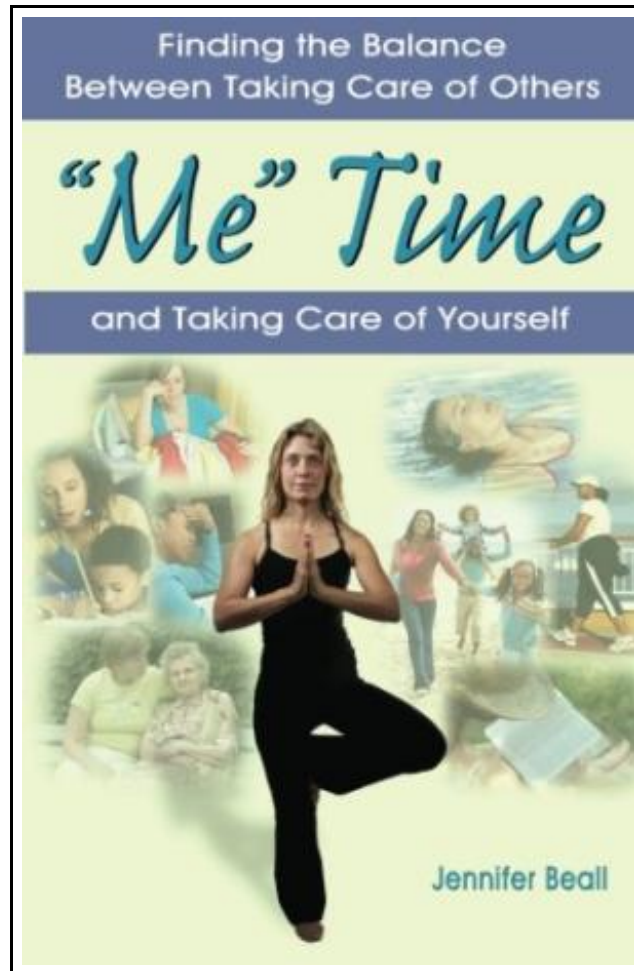


## Me Time: Finding the Balance Between Taking Care of Others and Taking Care of Yourself



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*This written book is excellent. It typically is not going to price a lot of. I found out this book from my dad and i encouraged this book to discover.*

*(Darrin Abbott)*

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