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Most significantly, the revolution for self-compassion has become relevant in our fast-paced and hyper-connected reality. And because of this movement, new business models are also being introduced in the market. Why is Self-Care Important? Simply put, self-care is being responsible for yourself.

'I love this book!' - Mandy Lehto, Psychologies Magazine. The Self-Care Revolution is designed to help and restore your day-to-day

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"Self-Care Revolution is a saving grace to the caregivers and heal-

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Self-care is a concept you hear flying around more and more these days. But as a busy time-poor mum already up to your eyes with to-dos, do you really want or need the extra burden of self care? Absolutely says Suzy Reading, author of The Self-Care Revolution. Suzy is mum to Charlotte and Ted who are 7 and 3.

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Nalini Chilkov, L.Ac., O.M.D. Dr. Nalini Chilkov is the Founder of IntegrativeCancerAnswers.com is a leading edge authority on Integrative Cancer Care, Immune Enhancement, Optimal Nutrition and Wellness Medicine. She is the author of the best selling book Thirty Two Ways to OutSmart Cancer | How to Create a Body in Which Cancer Cannot Thrive.

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