

★ The More or Less Definitive Guide to Self-Care

Anna Borges

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In *The More or Less Definitive Guide to Self-Care*, Anna Borges blasts myths, touts benefits, and reveals an enticing array of opportunities for nurturing one's self.

Getting a grip on self-care—doing things that benefit the mind, body, and spirit—should be easy, but many find that it's not, and cultural promotion of certain types of self-care as “right” add to the confusion.

For some, self-care might mean deep, aware breathing while waiting in traffic, or taking a delightful, guilt-free nap while the kids are at school. For others, it might mean releasing stress at a high-end spa. What Borges affirms in her sensitive, fun, and practical book is that it's most important to make health and well-being a personal responsibility.

The book gives its audience full permission to engage in whatever nurturing practice feels right at the time, no matter what the “experts” might say. Some suggestions are surprising: one woman handles her stress by working to take her mind off of her worries; for the workout-obsessed, sometimes not moving is indicated.

The book's list of resources is ample, and tips for locating a compatible therapist are included. A colorful and insightful chart pairs what's being felt in the moment with an eye-opening list of options for self-care to meet that specific need. Graceful illustrations featuring people with rounded bodies enhance the text and are, in themselves, stress-relieving.

While there's no magic pill or one-size-fits-all prescription for self-care, *The More or Less Definitive Guide to Self-Care* is an engaging A-to-Z guidebook filled with options for creating a personal and versatile self-care toolkit that will last a lifetime.

KRISTINE MORRIS (November / December 2019)

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