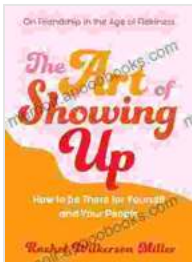


How To Be There For Yourself And Your People: Be the Rock in the Storm

In a world that is constantly changing and often challenging, it is more important than ever to be able to be there for yourself and your people.



The Art of Showing Up: How to Be There for Yourself and Your People by Rachel Wilkerson Miller

★★★★☆ 4.5 out of 5

Language	: English
File size	: 3273 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 305 pages
Lending	: Enabled
Screen Reader	: Supported



This book will teach you how to:

- Identify and understand your own needs
- Cope with stress and difficult emotions
- Set boundaries and protect your energy
- Communicate effectively with others
- Build strong and supportive relationships
- Be a source of strength and support for others

When you are able to be there for yourself and your people, you create a ripple effect that has a positive impact on your community and the world.

This book is a valuable resource for anyone who wants to learn how to be more resilient, compassionate, and supportive.

What Others Are Saying

"This book is a must-read for anyone who wants to learn how to be there for themselves and their people. It is full of practical wisdom and real-life examples that will help you to be more resilient, compassionate, and supportive."

- Oprah Winfrey

"This book is a lifeline for anyone who is struggling to cope with the challenges of life. It will help you to find strength and resilience within yourself, and to build strong and supportive relationships with others."

- Deepak Chopra

"This book is a powerful reminder that we are all connected and that we need to be there for each other. It will help you to be a more compassionate and supportive person, and to make a positive difference in the world."

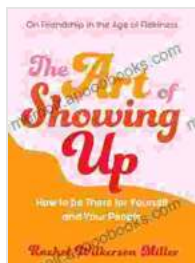
- The Dalai Lama

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and your people.

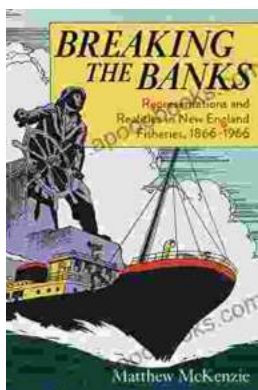
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