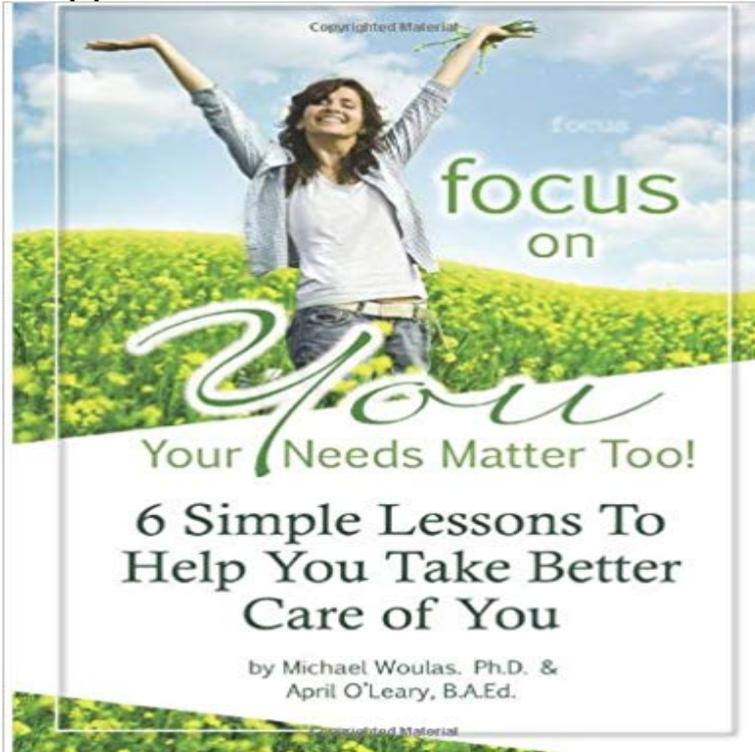


## Focus On You: Your Needs Matter, Too!: 6 Lessons to Help You Find Happiness and Take Better Care of You



Are you constantly putting your needs behind everyone else's? Do you feel guilty when you do things for you? Do you frequently feel frustrated, angry, resentful or just plain tired? Have you lost the you that you used to know? If you answered YES to any of the above questions, this is the course for you! Focus on You will help you: -Learn to recognize common patterns of thinking that may be preventing you from taking care of yourself -Identify unhealthy guilt and fear -Stop overly-focusing on others feelings and needs -Create a healthy balance in you life between your needs and the needs of others. Packed with exercises, self-assessments and quizzes to help you on your journey, each lesson has been designed to systematically guide you into a new way of thinking and acting where you will find peace in being able to meet your needs even in the midst of caring for others...and ultimately find happiness balancing both.

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