Self-Care Without the Guilt

November 11, 2026
A guide to making self-care more practical through boundaries, routines, and realistic expectations.

Inside this guide

- Recognize the role guilt can play in decisions about personal time.
- Consider boundaries that protect space for rest and daily needs.
- Build supportive habits without treating productivity as the only measure of well-being.

Who it may help

For readers balancing personal needs with work, family, and other responsibilities.

Putting the ideas to work

Choose small changes that fit your circumstances and adjust them as your needs evolve.

The ideas are starting points rather than one-size-fits-all instructions. Adapt them to your goals, circumstances, and available resources.

Book details

Format: Ebook. Pages: 54. Words: 9665.

Download availability: After payment, download the complete ZIP package or the included PDF separately.