

Honor Yourself: The Inner Art of Giving and Receiving (Paperback) - Common

By By (author) Patricia R. Spadaro



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Honor Yourself skillfully guides us through one of the key paradoxesand stressorsof our time: how to balance what others need with what we need, how to give and to receive. Should we sacrifice for others or give to ourselves? Be generous or draw boundaries? Stay in a relationship or say goodbye? In order to give to others, do we really need to give up ourselves? While modern society is ill-equippe



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