

20 SELF-CARE HABITS

KARIN BRAUNER



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About Karin Brauner

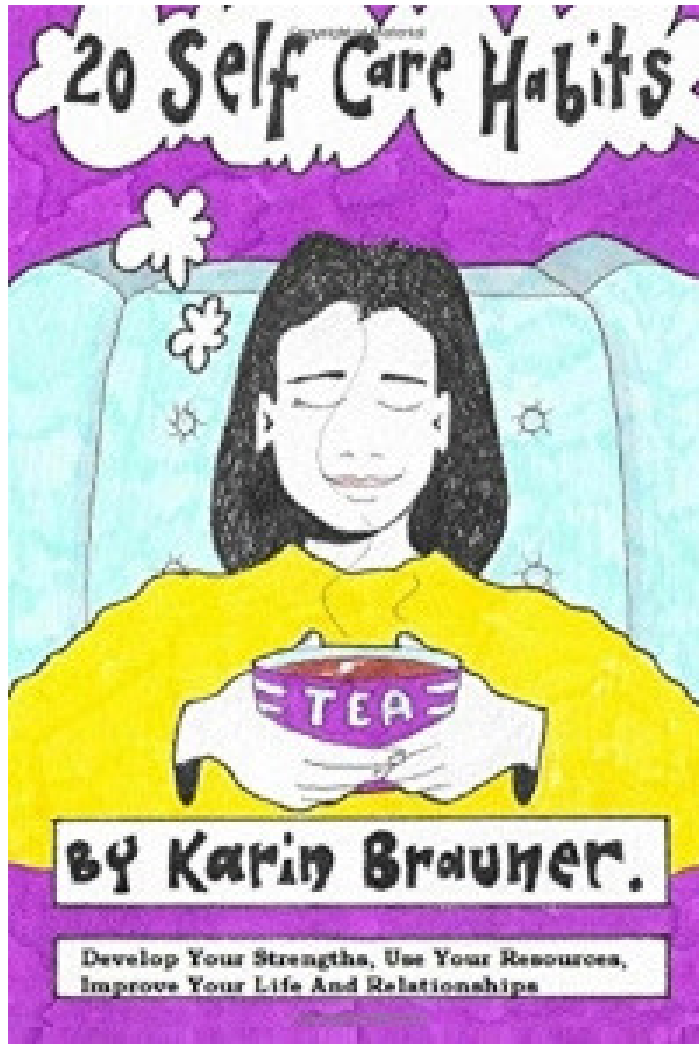
I'm originally from Guatemala. I moved to the UK in 2006 and started my private practice in 2013. I am an accredited counselor and qualified supervisor working online and face to face in Hove, Sussex. I also teach Spanish, English, and support students on psychology or counselling/ psychotherapy courses with their academic work (from gcse to masters levels).



A year ago, I started blogging and the first topic I chose was self-care. I ended up writing an 8-post series that turned into the book I have published at the end of July.

(Scroll down for contact details)

Reading



20 Self-Care Habits: Develop your strengths * Use your resources * Improve your life and relationships

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Resources

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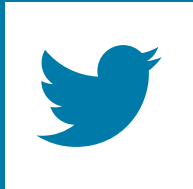
Contact / Website / Social Media

Click the links below to make contact

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