

# SELF-CARE FOR THE PRACTITIONER: A WORKING TOOLKIT

- SUZY READING



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## Resource Guide



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# About Suzy Reading

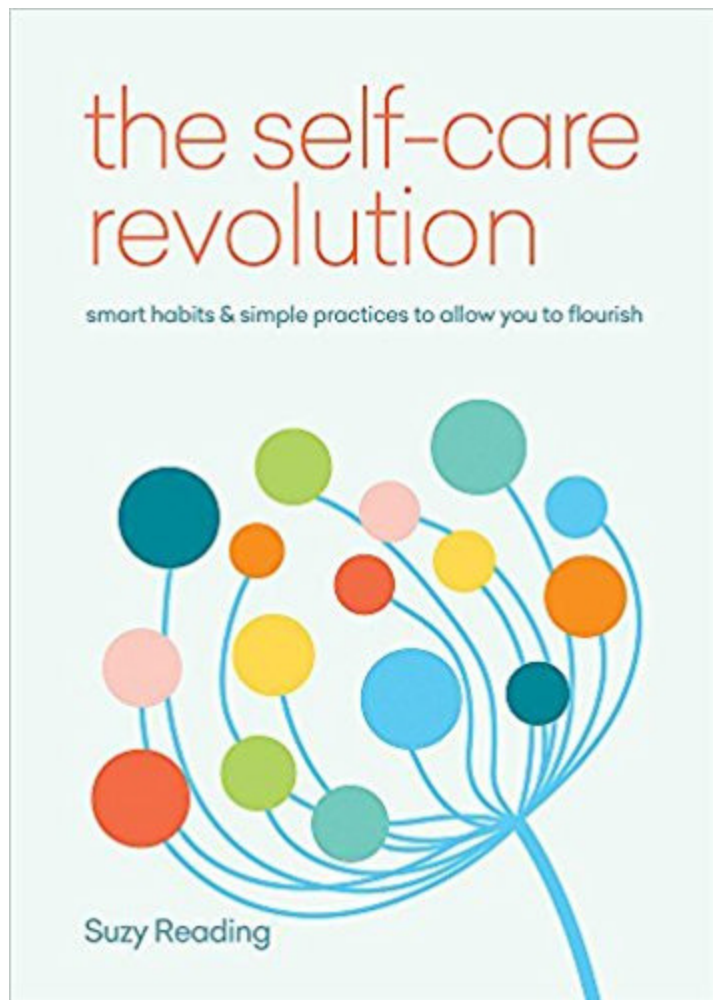
I am a mother of two, a Chartered Psychologist, Yoga Teacher, and Health Coach. I specialise in self-care, helping people manage their stress, emotions, and energetic bank balance. It was my life experience of motherhood colliding with the terminal illness of my father that sparked my passion for self-care which I now teach to my clients, young and old, to cope during periods of stress, loss and change, and to boost their resilience in the face of future challenges.



I am a contributing editor for Psychologies Magazine and the Psychology Expert for wellbeing brand Neom Organics. I figure-skated my way through my childhood, growing up on the Northern Beaches of Sydney, and now make my home in hills of Hertfordshire, UK. My first book The Self-Care Revolution published by Aster, is out now.

**(Scroll down for contact details)**

# Reading



**The Self-Care Revolution: smart habits & simple practices to allow you to flourish**

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BOOK DETAILS**

**View Suzy's Vitality Wheel.**

# Contact / Website / Social Media

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