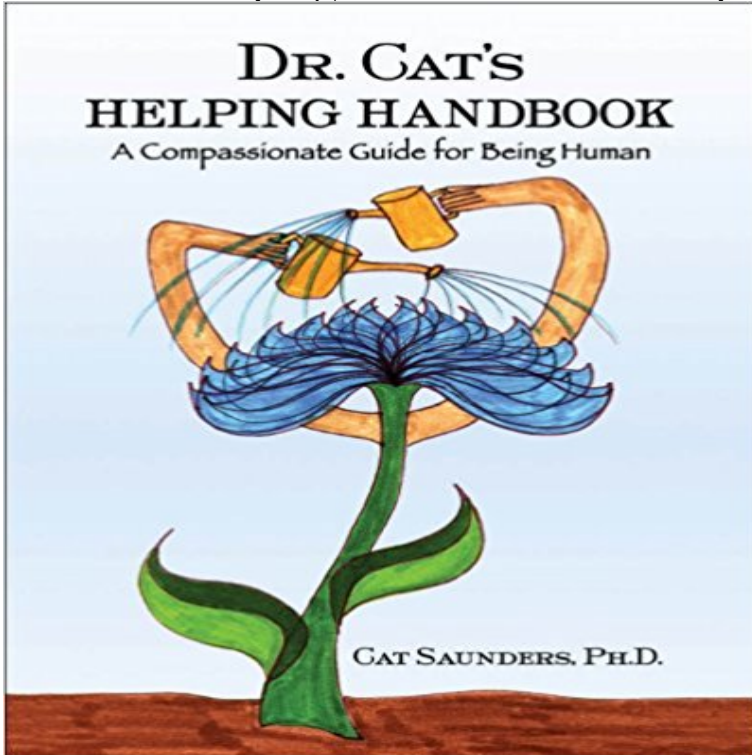


Dr. Cats Helping Handbook: A Compassionate Guide for Being Human



For thousands of years, the socio-religious injunction to put others first has clouded the issue of self-care. After all, there will always be others, so if you put others first, who will take care of you? Since cultural and religious conditioning has emphasized compassion for others, this book seeks a rebalancing of the self versus other dilemma by championing equal rights for self-care. Taking care of yourself doesn't mean you're supposed to handle everything yourself without help. Taking care of yourself simply means that you are responsible for yourself, including asking for help. This book can help you take better care of yourself by encouraging you to discover, respect, and provide for your own needs. The human heart will never be satisfied with caring only for the self. You can trust that if you take care of yourself, you will naturally want to care for others. And if you make sure that your own needs are met, your concern for others will arise from a genuine desire to give without expectation of return. Dr. Cats Helping Handbook is a well-designed, easy-to-read guide with 55 in-depth chapters and 500-plus margin quotations by people from all over the world. The book's message is simple: Be compassionate with yourself and take good care of yourself. If you do this, it will be the best gift you can give yourself, humanity, and the planet. Praise for Dr. Cats Helping Handbook: Dr. Cats Helping Handbook is a treasure. Its carefully gathered quotes alone make the book worth having. Cat has created a work of truth, power, and beauty. Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom* Dr. Cats Helping Handbook is a valuable resource for those who seek to build stronger and more respectful relationships with themselves, others, and the world. I heartily recommend Cat's warm and openhearted style and the way she treats readers as partners on the path of personal growth.

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