

Module 3 link

[https://thoughtcatalog.com/brianna-wiest/2017/11/this-is-what-self-care-really-means-because-its-not-all-salt-baths-and-chocolate-cake/?fbclid=IwAR0hgc1odKkbPxs0rqVEa-sr0PyacMUKd6chyt0PoxvaaRMyhC\\_z63QU0jY](https://thoughtcatalog.com/brianna-wiest/2017/11/this-is-what-self-care-really-means-because-its-not-all-salt-baths-and-chocolate-cake/?fbclid=IwAR0hgc1odKkbPxs0rqVEa-sr0PyacMUKd6chyt0PoxvaaRMyhC_z63QU0jY)

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