



Healthy Selfitude (Healthy Selfitude: A practical approach to self-acceptance using performing arts and yoga techniques)

Robyn Hussa

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Healthy Selfitude is filled with more than 20 exercises to provide readers with tools to filter out the external noise of daily life, in order to free the internal voice and unlock a powerful, autonomous self. Based on the author's in-depth training in performing arts, voice, yoga and in pioneering a nationally acclaimed eating disorders and body image nonprofit, these practical strategies can be used by teachers, clinicians and parents to teach healthy stress management, and to build self-acceptance in students ranging in ages from second grade to graduate school.

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