

CARE PACKAGE

A PATH TO DEEP HEALING

SYLVESTER M. NUTT III

HEALING
HOPEFULNESS
LITTING

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Book details

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Synopsis book

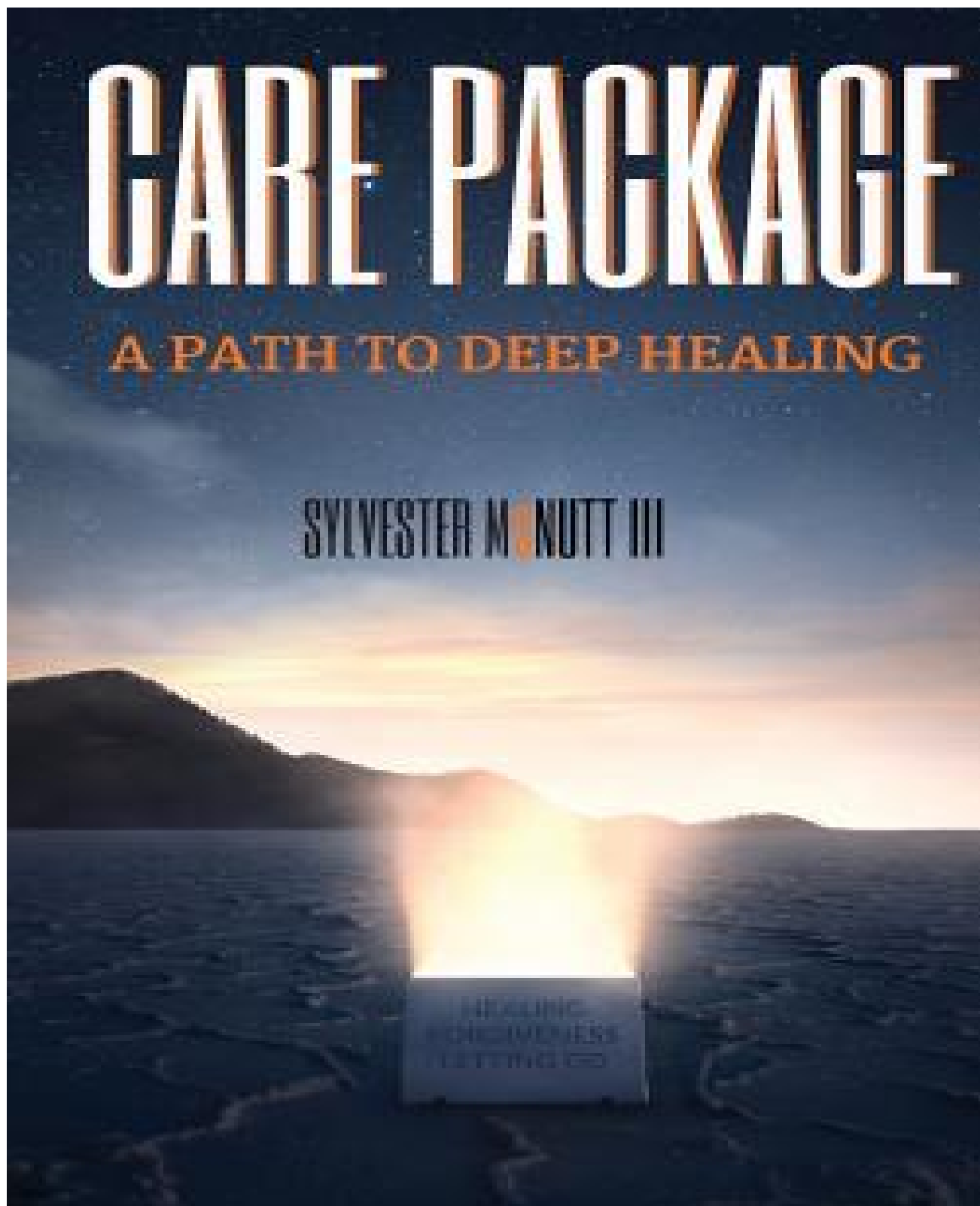
With his bestselling collection *Lust For Life*, Sylvester McNutt III inspired thousands of readers to walk in their purpose, to manifest abundance, and to keep loving. In

Care Package, Sylvester digs deep to uncover pain, moments of fear and relates to the reader's struggles through powerful stories. In *Care Package*, Sylvester has tackled life's biggest hurdles: shame, guilt, letting go, codependency, lack of purpose, people pleasing, setting boundaries, and negative self-talk. Sylvester guides the reader down the path of healing, the scary journey that is tough to do alone, but with *Care Package*, the reader is never alone. Sylvester's mission with *Care Package* is to inspire the reader to heal, to release, to vibrate higher, and to practice self-care every single day.

Chapters:

One: Alignment
Two: Walking Away from Pain
Three: Letting Go
Four: People Pleasing and Setting Boundaries
Five: Guilt
Six: Codependency
Seven: Self-Care and Putting Yourself First
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