



© 2020 Kelley Grimes, MSW | [www.ArtofSelfNurturingBook.com](http://www.ArtofSelfNurturingBook.com)



© 2020 Kelley Grimes, MSW | [www.ArtofSelfNurturingBook.com](http://www.ArtofSelfNurturingBook.com)



© 2020 Kelley Grimes, MSW | [www.ArtofSelfNurturingBook.com](http://www.ArtofSelfNurturingBook.com)



© 2020 Kelley Grimes, MSW | [www.ArtofSelfNurturingBook.com](http://www.ArtofSelfNurturingBook.com)