

CANDACE PLATTOR, M.A., R.C.C.

Professional Speaker & Author



Global

HUFFPOST
CANADA

Vancouver
get inspired
talks

CKNW
MUSIC HALL NORTH
AM 980



TEDx
BearCreekPark

THE VANCOUVER SUN

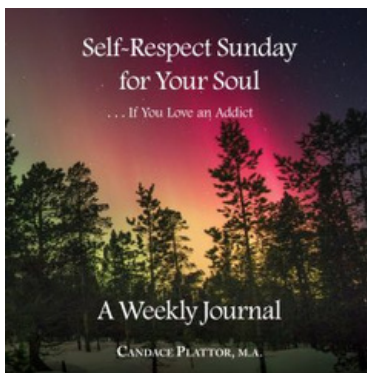
ADLER
SCHOOL CLUB

CAPS
Experts who speak professionally



Self-Respect Sunday for Your Soul . . . If You Love an Addict: A Weekly Journal is intended as a form of Self-Care – to help you understand yourself more deeply as the Loved One of someone struggling with addiction. It will help you gently progress beyond your current limits, guiding you to raise the bar for yourself – and for the addict you love – so that you can experience more ever-important Self-Respect in your life.

You can use this journal in several different ways – you can enjoy the beautiful photographs as meditative and reflective points for yourself. You can open the book to any page to read a quote and breathe it deeply into your experience. You can use the journal pages to write about the feelings these quotes bring up, to reflect and to set new goals for yourself and boundaries for others. Or, you can combine all of these in any way you like.



Publisher: Being At Choice Consultants
Vancouver, BC
604-677-5876
Candace@LoveWithBoundaries.com
LoveWithBoundaries.com

ISBN-13: 978-0-9953162-3-2
Paperback, 124 pages, 8.5 x 8.5 inches
Available at Amazon.com and Amazon.ca

Product Details

Title: *Self-Respect Sunday for Your Soul . . . If You Love an Addict: A Weekly Journal*
By Candace Plattor, M.A.
Release date: November 2020

Amazon Review:

A beautifully written and photographed journal, full of truth, inspiration AND specific tools to help the reader find (or gain back) self-respect...and keep it! She adds humour and clever turns of phrases which really stick in your mind. This journal's a keeper, containing gorgeous and evocative photos of the Lower Mainland in BC (Vancouver), where the author lives. I highly recommend it to journal and non-journal aficionados. It makes a unique gift for those in your life who are starting or in the midst of their healing journey (isn't that all of us?!)...and could use some support.

LoveWithBoundaries.com
Candace@LoveWithBoundaries.com

Facebook: facebook.com/LovingAnAddictLovingYourself
LinkedIn: linkedin.com/in/candaceplattor
Twitter: twitter.com/candaceplattor