

**SKILLS
YOU
NEED**

Guide to Life

Looking After Yourself



The Skills You Need
Guide to Life

SKILLS YOU NEED
Helping You Develop Life Skills

The Skills You Need Guide to Life

LOOKING AFTER YOURSELF

Skills You Need

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LOOKING AFTER YOURSELF

Developing Skills for Life

What are the key skills that you really need to survive and grow as a person? No doubt each of us could come up with a slightly different list. In writing this book, however, we felt that we should start at the beginning.

Before you can do anything else, it is vital to be able to look after yourself in both body and mind: the most basic 'needs' in Maslow's famous hierarchy. Once you can do that, you can then harness the power of your mind to help you to develop, learn and achieve more in life.

This, then, is the Skills You Need Guide to looking after yourself in body and mind. We hope you enjoy it and find it useful.

The Skills You Need Team

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