

10 Mental Health Tips



Exercise



Relaxation



Time Outdoors



Good Diet

Sleep



Gratitude



Routines



Socializing



Avoid Drugs



Get Help

Mental Health Tips Romantasy S Review

Ruban F Ribeiro



Mental Health Tips Romantasy S Review:

Relationships and Mental Health Ruban F Ribeiro, 2024-02-13 A First Edition book written and published by Ruban F Ribeiro A MUST HAVE BOOK TO BETTER UNDERSTAND RELATIONSHIPS IN THE MODERN ERA My journey as a writer on Medium with over half a million views and 120 publications laid the foundation for this book I suffered tremendously emotionally and physically for nearly five years and writing became my salvation I put together a compilation of some of my best pieces that have resonated with readers over the years offering common sense and practical advice on love relationships personal growth and mental health This book consists of five chapters Chapter 1 The Truth About Love and Relationships Chapter 2 Understanding Yourself and Mental Health Chapter 3 Communication and Relationship Dynamics Chapter 4 Self Improvement and Personal Growth Chapter 5 Personal Favorites NEW CHAPTER ADDED Each chapter consists of eight stories ALL based on honest lived experiences Either from my personal life or from strangers asking for help YOU DON T NEED to read the book in order Each heading in all chapters consists of a fresh story so feel free to go to the page that best helps you Your feedback is invaluable please consider leaving a review or reaching out to share how this book has touched your life Thank you for investing your time and trust in these pages

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