



SELF-CARE FOR A SUSTAINABLE LIFE ON MISSION

JESUS DOES NOT WANT YOU TO BURN OUT!

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The background is a dark blue gradient. In the corners, there are white line-art illustrations of circuit boards or neural networks, consisting of lines and small circles.

THE PROBLEM

The background is a dark blue gradient. In the corners, there are white line-art graphics resembling circuit boards or neural networks, with lines connecting to small circles.

WHY SELF-CARE ISN'T WORKING

The background is a dark blue gradient. In the four corners, there are white, stylized circuit board traces. These traces consist of straight lines that turn at right angles, ending in small white circles, resembling electronic components or nodes on a board.

JESUS' MODEL

The background is a dark teal gradient. In the corners, there are decorative white line-art elements resembling circuit boards or neural networks, with lines connecting to small circles.

HIGH LEVERAGE REALMS FOR SOUL-RESTORING SELF-CARE

The image features a blue gradient background with white circuit-like lines in the corners. These lines consist of straight paths that branch out and terminate in small circles, resembling a stylized electronic circuit board. The lines are positioned in the top-left, top-right, bottom-left, and bottom-right corners, framing the central text.



COOK UP SOME GOOD HORMONE SOUP!

The background is a blue gradient with white circuit-like lines in the corners. The word "APPLICATIONS" is centered in white, bold, uppercase letters.

APPLICATIONS



WANT MORE? DOWNLOAD THE JESUS-STYLE SELF-CARE RESOURCE

- 3 ways Jesus models the kind of self-care WE need
 - 50 ideas you can choose from that you can begin doing TODAY
 - More on the four critical realms of self-care that you need to experience NOW
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WANT MORE? RESTORE MY SOUL: REIMAGINING SELF-CARE FOR A SUSTAINABLE LIFE

- On sale NOW at the Urbana bookstore
- 23 soul-restoring skills that you can apply TODAY
- Expands on the FOUR CRITICAL realms of soul-restoring self-care
- Full of stories and humor to keep you engaged!

