

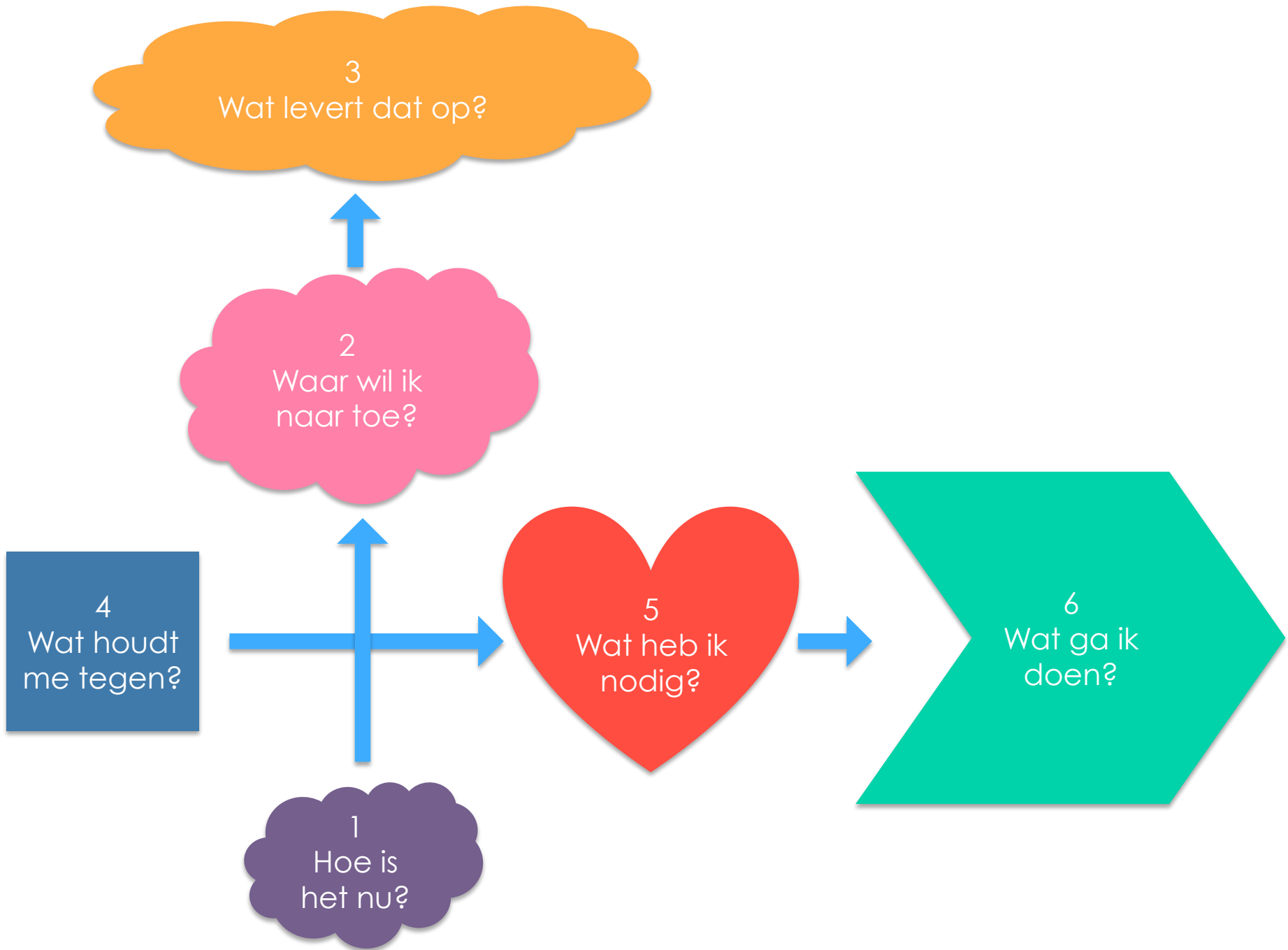
Vitamine R

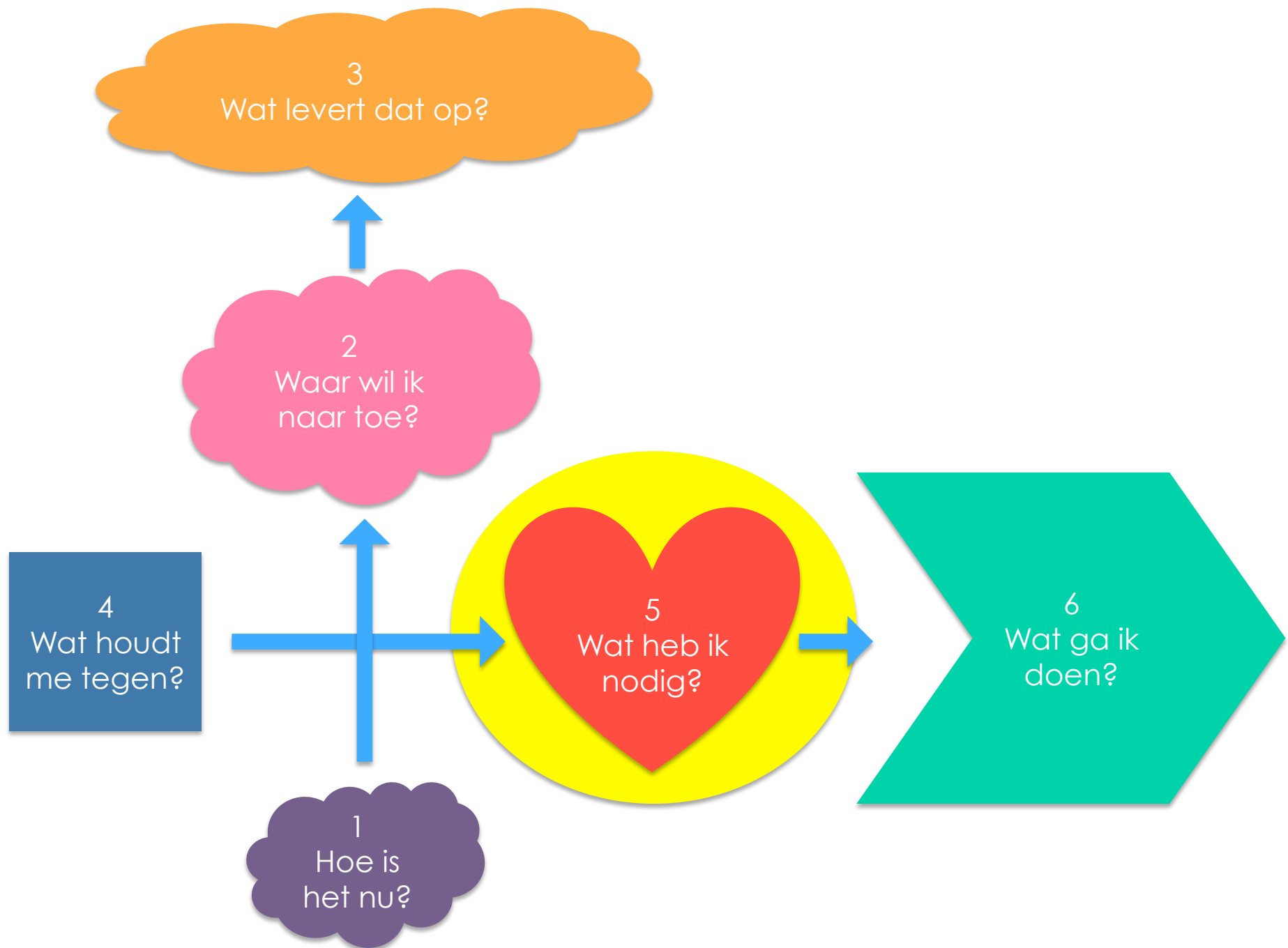
Het middel om te groeien voor drukke dokters



Leer hoe je Regie, Rust en Ruimte creëert









If a kick in the ass would work
we'd all be

Thin, Rich and Happy









Zelfcompassie



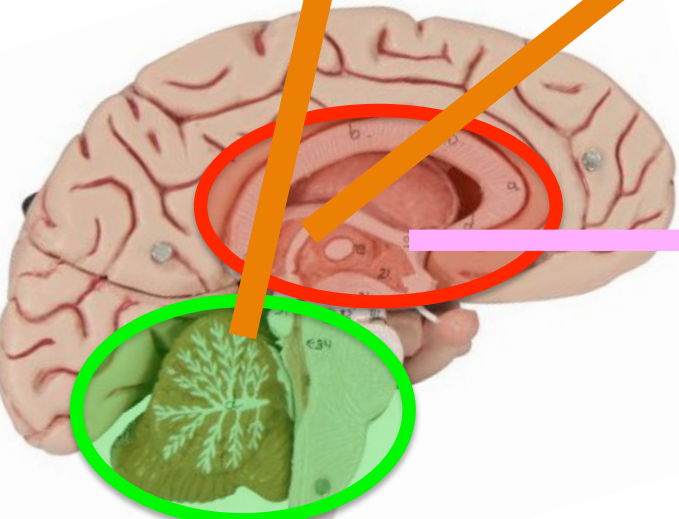
gevaarsysteem

jaagsysteem

Sympathisch



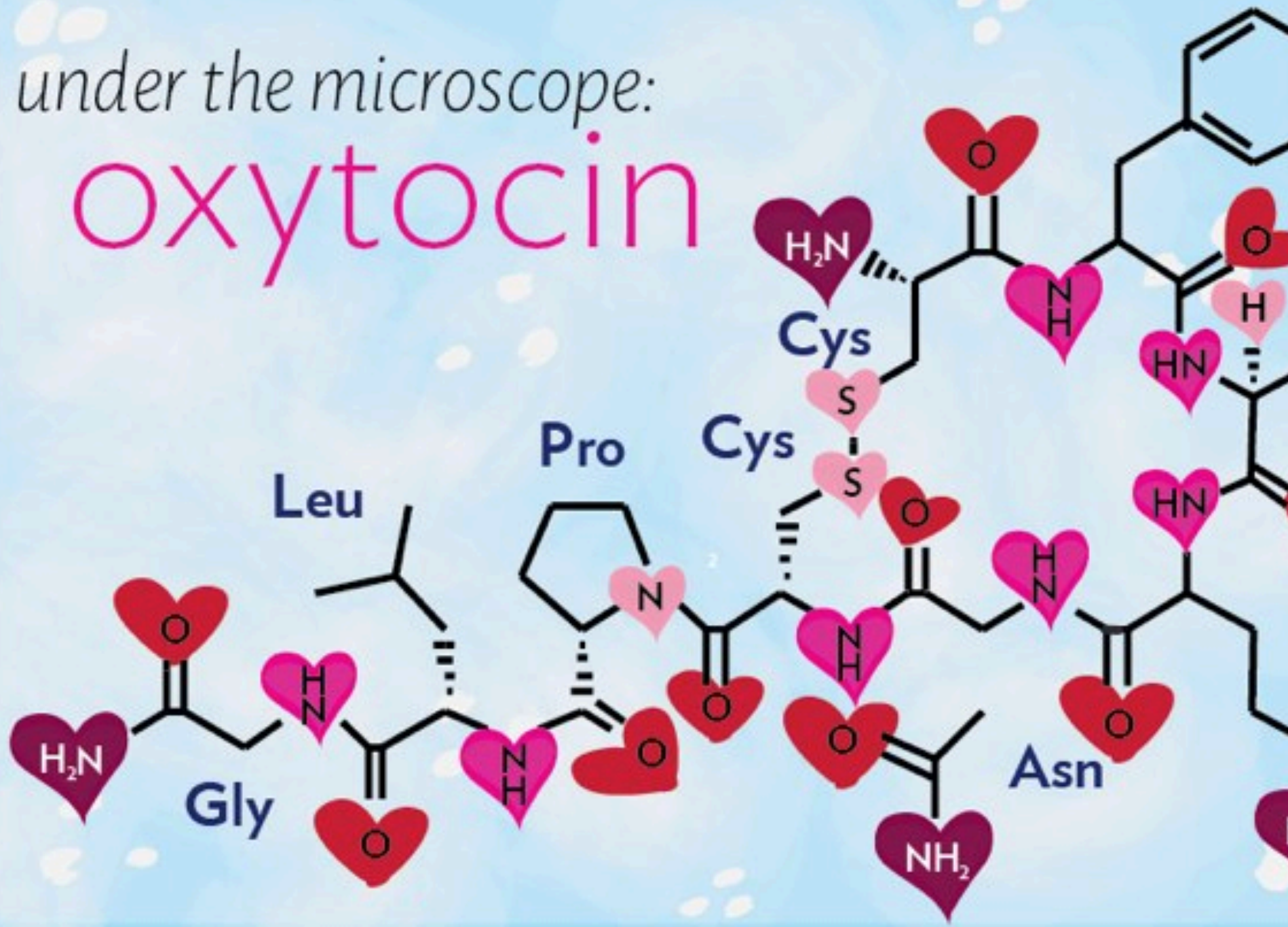
Parasympatisch



zorgsysteem

under the microscope:

oxytocin



Jezelf motiveren met compassie



Make someone smile today!

FREE COMPLIMENTS

for you or your friends.

Make someone smile today!

FREE COMPLIMENTS

for you or your co-workers.

You Become What You Think!

FREE POSITIVE THOUGHTS

Take One!

- communicate with love.
- Every moment is a profound opportunity.
- Consider how very fortunate you are.
- Love yourself the gift of being joyfully you.
- Complain less.
- Breathe more.
- Be a part of it.
- not afraid to let go
- take the choice. © 2014 KATE BROWN

You Become What You Think!

FREE SELFCOMPASSIONATE THOUGHTS

Take One!

- I'm good enough
- compassion is not selfish
- may be kind to myself
- I'm perfect
- ok to take care of myself
- I'm lovable
- i talk to myself with love
- I'm important
- selfcare is the best healthcare
- I'm only human
- I am ok just as I am

Thank you for all you do.

I like to hear you laugh.

I'm glad I work with you.

You have a gorgeous smile.

You are beautiful.

You amaze me.

I'm glad I work with you.

You look awesome today.

You have a beautiful soul.

I'm glad I work with you.

© 2014 KATE BROWN

Pauze tot 16.00 uur