

# A Pocket Coach Guide to Self-Care

*author: Dr Sarah Jane Arnold*

---

2026-07

## Synopsis

---

author	Dr Sarah Jane Arnold
readBy	Bea Holland
inLanguage	english

Sleep. Calm. Confidence. Kindness. These are all at your fingertips with this one-stop companion to self-care. From the best-selling author of *The Mindfulness Companion* and *The Can't Sleep Colouring Journal*.

Through helpful exercises, guidance and expert narrative, Dr Arnold's techniques will show you how to reduce stress triggers that can feel hard to handle and teach you how to reclaim your equilibrium and rediscover your self-belief.

This audiobook is designed to help you to improve your self-care routine from the moment you wake up. Not only will you feel rested, calm and full of confidence, you will learn to sharpen your self-awareness and implement acts of care and thoughtfulness into your everyday life.

The ultimate on-the-go guide to reducing common stresses and reclaiming your mojo once and for all.

## Reader's comments

---

comment 1:

â€"â€" ()