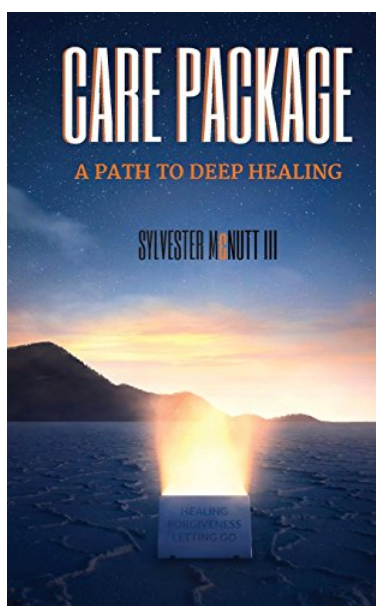


N7AKS [GET] Care Package: A Path To Deep Healing



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With his bestselling collection Lust For Life, Sylvester McNutt III inspired thousands of readers to walk in their purpose, to manifest abundance, and to keep loving. In Care Package, Sylvester digs deep to uncover pain, moments of fear and relates to the reader's struggles through powerful stories. In Care Package, Sylvester has tackled life's biggest hurdles: shame, guilt, letting go, codependency, lack or purpose, people pleasing, setting boundaries, and negative self-talk. Sylvester guides the reader down the path of healing, the scary journey that is tough to do alone, but with Care Package, the reader is never alone. Sylvester's mission with Care Package is to inspire the reader to heal, to release, to vibrate higher, and to practice self-care every single day. Chapters: One: Alignment Two: Walking Away from Pain Three: Letting Go Four: People Pleasing and Setting Boundaries Five: Guilt Six: Codependency Seven: Self-Care and Putting Yourself First Eight: Overcoming Anxiety Nine: Living In The Moments Ten: Keep Loving Eleven: Healing

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