



## The Trans Self-Care Workbook

### A Coloring Book and Journal for Trans and Non-Binary People

A creative workbook for the trans and non-binary community, including colouring pages, journaling prompts and reflective exercises. Drawing on CBT and mindfulness techniques, topics include euphoria and dysphoria, coming out and building relationships, promoting the message that although no experience is identical to another, nobody is alone. (9781787753433)

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