

THE WITTMANN AGENCY

Love Letters To Bookworms | Liebesbriefe an Bücherwürmer

Global Online Marketing + Strategy For Modern Publishing Entrepreneurs

Reading time 2 min 36 sec

Guten Morgen*, First Name !

In case you were waiting for permission, here it is:

You hereby have every right and freedom to give yourself permission to go (and grow) slowly and BE EXTRA KIND with yourself.

That may mean a midday nap, [reading a good book](#), or to take your puppy for a walk.

Or taking things *off* your to-do list, guilt-free. Or spending more time on your health (mental, physical, emotional), or getting support from health experts.

We're in the home stretch of 2020. It's a year that's felt like a splatter movie where we have to face a new and often awful surprise every day. The impact of everything we're going through — personally and collectively — is real.

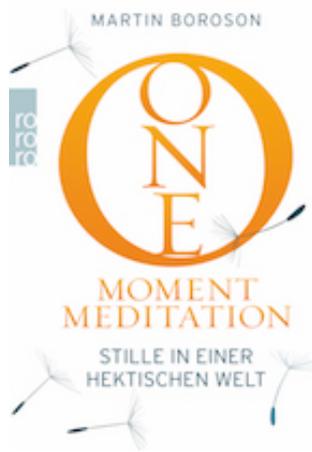
But these challenges can help us grow stronger, wiser, and more resilient long-term as long as we keep taking care of ourselves along the way.

Here's a **gentle November personal self advice** to support your health and well-being, and a few ways I'm taking my own advice.

1. Take *extra* good care of your body, mind and soul.

Unsurprisingly, studies show that anxiety, depression, and stress-related challenges are on the rise. I've been leaning hard into outdoor sports (rollerskating, walking, jogging), bodyweight workouts at home, along with moments of calm to relax. All scientifically proven to reduce stress, boost your immune system, and mood.

Here's a [free 1-minute video "How to Meditate in a Moment"](#) based on **Martin Boroson's** book **One-Moment Meditation** I placed to Rowohlt, Germany.



2. Cultivate joy and connection.

If you read my LOVE LETTER TO BOOKWORMS for a while, you know [I experienced a few unexpected personal losses.](#)

The grief still comes in waves, but I'm making a conscious effort to spend time with people I love doing simple things that bring me joy — like a meet-up with a former school friend after 35 years. (Don't google "The Wittmann Agency's Claudia Wittmann birthday", just don't!!!)

3. Reconnect with your purpose.

For many of us, this whole year feels like working three times as hard to get half as far. It's been exhausting and we hope that things will be okay in the end.

Whether it's through journaling, meditation, or a quiet moment with a mug of black tea with tasty fat whole milk, I urge you to reconnect with YOU.

This is a time of massive reassessment. So slow down. Feel and process. Be honest about what's working and what's not in your life (business and personal), so you can continue to move forward in your highest truth. Honour the wisdom that's already inside of you, trust your gut.

You're an extraordinary soul, First Name .

So take REALLY good care of you and I'll see you again next week.

With enormous love 💕,
xoxo Claudia

P.S. **Guten Morgen* means "Good Morning" in German-speaking territories.

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Well, today's the day. This year's your year.

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