

me-time

TAKE GOOD CARE OF
YOURSELF. YOU ARE
IMPORTANT.

Time
exclusively
for you

P.2



5 page issue

me-time moments to do

—
MAY-JUNE
ME-TIME ISSUE
5 PAGE | NO.1

"ME-TIME" IS
TIME
EXCLUSIVELY
FOR YOU! IT'S
THE TIME THAT
YOU SPEND
ALONE THINKING
ONLY ABOUT
YOURSELF.

VERGINIA SPIER

Freeing up time for yourself and doing the things you
enjoy.

Anyone can do me-time. How do you find me-time
between work and your private life? Taking time for
yourself can be as little as five minutes a day to
several days of me-time!

As I said, taking me-time is good for your health. I
didn't know what me-time was as I was always
busy-pressure-pressure. That is so different now! I
would like to share with you how I do it and
show you how to make more time for yourself! Take
care of yourself because you deserve it.

I was curious about the wishes
and ideas about me-time of the
27 people I spoke to.
All the interviews can be read in
this book. I hope you will enjoy
reading the
interviews as well as getting
inspiration to do more me- time.

ISBN 9789083116006
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AUTHOR 'S NOTE

Let me introduce myself:

Virginia Spier, it's great connecting with you. I am working as a Coach, counsellor for my own company CoCoJoyousness, blogger website about me-time and interviews, part-time banker. This is my first book on me-time.

I'd like to share my lifestyle with you. I am an optimist by nature. I always see possibilities. I blog about me-time and coach on personal development.

It always remains a challenge to see things differently. We often get stuck in our heads to analysing all the negative points. Don't stop those thoughts. Take good care of yourself. You' are important, so get your me-time!

Core qualities:

Working together
Building relationships
Optimistic
Being open to new things
Responsible

Cheers!

Virginia Spier
Author Me-Time book

p. 2

me-time Ebook

p. 3

Author's note

p.4

Freeing up time for
yourself

p. 5

I love my life



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FREEING UP
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YOU ENJOY.

VERGINIA SPIER AUTHOR

I LOVE MY LIFE ENJOY THE MOMENT

BY VERGINIA SPIER

The glass of white wine was in Amsterdam with my friends. We were eating in a small cafeteria and the food was good. The talk was intimate but with respect listening to each other. The sun was shining and I felt good for me. Just sitting and watching the area. A lot of people walking by or sitting at another restaurant on the Heineken square. Amsterdam is so wonderful to be there and just sit and observe the whole day.



This picture was taken when I was on a holiday in South Africa. We were on a tour of the Big Five in this Nature Reserve. Real nature on our side and the animals were free to walk by and they did. I have never seen an elephant so nearby. I think 10 meters between us you have to stand still. So I did. This moment of the picture was high on the hill and the swimming pool and the view I will never forget in my life. South Africa is beautiful in nature and people. The food, the wine, all of nature they have. I enjoyed my time there. I have traveled a lot in my life but this is still for me the place and picture I still go to that moment of being there.