



# **The Witch's Book of Self-Care: Magical Ways to Pamper, Soothe, and Care for Your Body and Spirit**

*Arin Murphy-Hiscock*

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**Worship yourself the witchy way—learn how to nourish your body and spirit with herbal remedies, spells, and rituals inspired by witchcraft in this unique, enchanted guide to self-care!**

Self-care is a necessity for any modern woman, and this book helps you prioritize #1 with a little help from the magic of witchcraft. *The Witch's Book of Self-Care* has advice for pampering your body, mind, and spirit with spells, meditations, mantras, and powerful activities to help you to keep healthy, soothe stress, relinquish sadness, channel joy, and embrace your strength. This book features such magical self-care remedies:

-*A Ritual to Release Guilt*: Learn to burn whatever causes you pain and process painful memories or work through heavy emotions in this therapeutic ritual.

-*Green Space Meditation*: Learn how to reconnect with the healing energies of nature, even in the middle of a bustling city, as part of a series of meditations based on the elements and your senses.

-*DIY Body Butter*: Create your own custom soothing and smoothing body butter, powered by crystal and essential oils suited to your intention, and sanctified by a ritual.

And much more! *The Witch's Book of Self-Care* shows you how easy it is to connect to the earth, harness your personal power, and add a little magic to your everyday life for a better you!

## The Witch's Book of Self-Care: Magical Ways to Pamper, Soothe, and Care for Your Body and Spirit Details

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# **From Reader Review The Witch's Book of Self-Care: Magical Ways to Pamper, Soothe, and Care for Your Body and Spirit for online ebook**

**Amy Freeman says**

Such a sweet little self-care book! I really love the spells and little crafty things. This book is right up my alley. One I'll have to buy and keep at home!

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**Melody Luna says**

I really enjoyed this book! My friend gave it to me as a gift, and I was so happy because I wanted to read it for a while.

This book has a lot of really great witchy, self-care ideas! And I love that about it! It's totally in line with how I already live my life, and I'm so grateful to have on my shelf. It's the kind of book, if you enjoy it, you'll want to own it, because it makes a better reference book than a reading book. (You'll want to be able to pull it off your shelf at anytime so you can find a spell for that problem you're having.)

That is my one criticism about it though, and I am nitpicking here, but I wish the author gave less practical ideas and expanded more on the concepts themselves. For example, in the 'Physical Care' section of the book, the author gives a lot of recipes. I don't know how likely I am to pull this book out specifically to actually make those recipes. This is just me, obviously; someone else may really appreciate having those. Personally, I would have rather the author expanded on the ideas themselves more. In the examples with the recipes, I would have rather the author talked more about how to find balance between nourishing yourself and treating yourself. Once again, this is just a small criticism I have. (I am trying to be more critical when consuming books and media.)

All-in-all, I really like this book! I will definitely be reading it again, and using it for spell-work. If you are a witchy person and you want to up your self-care game, I'd highly, highly recommend.

P.S.: This book kind of already assumes you know how to do basic magic stuff such as casting a circle. So I wouldn't recommend as a first-time magic book, unless have a witchcraft 101 sort of book/guide to go alongside it.

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**Octavia says**

Un poquito de todo, un mucho de darse cuenta que hay muchas maneras de quererse una misma. Sin entrar en autoayuda ni pamplinas de ser positiva hasta puntos tóxicos. He tomado muchos apuntes, subrayado y marcado muchas cosas de este libro y ya entra en la categoría de esos que tengo "a mano". Manda cojones que tengan que venir desconocidos a decirte "así es como ves lo mucho que eres capaz" y una misma no sepa cómo...

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## Tami says

I was about to give this book two stars because I was not really enjoying it all the way through. I was liking what the author was talking about when it came to self care but the rituals were a bit repetitive and not something that I would see myself doing - and that was what took up a majority of the book. I wasn't feeling it but I told myself to push through and finish it on the flight - and I am so glad I did. It vastly improved towards the latter half of the book.

This book splits itself into 5 chapters, the first is Self Care and Magic. Where it gives self care tips and the different sources of magic they will be using in the books such as herbal magic, candle magic, meditation, etc. I thought this was a great overview and is good for readers who are unfamiliar with this field. This chapter also had a lot of good things to say about self care and my favorite one was when it says "don't let yourself be driven by a need to be approved or liked by others." This quote is under the section that talks about living authentically and it is so important for people to incorporate in their life. If you live for others' approval you aren't going to be happy. The people who are meant to be in your life won't be looking for you to please them or seek their approval. Live to make yourself happy and you then in turn you will find the right people. It also talks about how self care is acknowledging all the parts of yourself, even the "bad" ones. We aren't perfect and we all have flaws. Instead of denying them we should acknowledge it and by doing so we can work on bettering ourselves.

The next chapter talks about Mental and Emotional Self Care. My favorite part of this chapter is the Daily 5 Minute Self Care Routine to start the day. For me, when I wake up the first thing I check are my phone and my messages and I really want to get away from that. I want to be able to commit the first few minutes of my day to myself. It talks about stretching, drinking a glass of water, and even doing meditation. This honestly may take more than 5 minutes but the longer I am away from my phone in the morning, the better. My favorite self care concept that this chapter talks about is the idea of Affirmations. Over the past year I have learned how much positive affirmations can affect how you go about your goals and whether or not you will succeed in them. For example, I used to hate running. When I got tired I would immediately stop and berate myself for being so out of shape. That happened for years and I couldn't get out of it. During one running session as I was starting to get tired I decided to try out a positive affirmation. I told myself that "I could do it" that I "was strong" and that "I could make it through" and you know what happened? I did. I made it through the tiredness phase during my run and was able to finish all 3 miles. I am not exaggerating when I saw that positive affirmations has changed my life and I am glad this book talks about it. It also gives you affirmations that you can start saying to yourself!

Chapter 3 is probably my least favorite chapter and why I was considering giving this book 2 stars. It is all about physical self care and doesn't really have much in teaching you about self care and the majority of the chapter are recipes for different meals, teas, and skincare. Normally I love stuff like that but the recipes listed here are meant as comfort food and don't necessarily deal with health. It even says in the book that eating healthy and well is a vital key to caring for yourself. The author even states that when it comes to calories, these foods may not be the best. A lot of the recipes didn't seem healthy and I believe that comfort food can be if you think hard enough. There are amazing dishes that have a lot of fruits and vegetables that the author could have incorporated in here. My favorite is a simple dish of Baked Salmon, Broccoli, and Sweet Potatoes and tasted good and also leaves you feeling good.

The book started to pick up after chapter 3 and the next chapter talks about Spiritual Self Care. What I liked

most about this chapter was that it talked about how you can honor the gods and deities you believe in. I don't know if I believe in a god with a name. I believe that there is a force in the world but I don't want to give that force a name. However, whenever I look to strength I do call on to the Greek gods. I don't know how to explain it but believing that honoring a specific god or goddess and them giving me strength in their specific domain is strangely empowering. I also liked the part when it talks about how we can form connections with certain animals and the animal we are drawn to says something about what we value. There is a list of animals in the book and the values that they are associated with. The owl I have felt most connected to is the owl and it is associated with wisdom, insight and honesty with yourself. I loved when I read this because these are three concepts that I value greatly and try to incorporate in my daily life, especially the part of being honest with yourself. That can be one of the hardest things you can do but once you achieve it you will feel exceptionally free. This chapter also talks about Focused Meditation which is all about focusing on one thing at a time. It seems simple but in a world where we have so many options and things to do we sort of developed a habit of multi-tasking. When we eat we watch a tv show. When we only listen to music as background noise for other activities. What focused meditation asks you to do is to spend an hour or two on just one activity so that you can fully appreciate it.

The last chapter deals with how to make your home safe for you. It starts off the chapter by saying "your home is your spiritual retreat... the space should reflect the protection, nurturing, and support you need from it." I completely agree with this. Your home should be a place that gives you energy and you should curate it in a way that does just that. You need to be able to create comfort, declutter, and cleanse your home and this chapter lists a bunch of rituals and activities that can help you do just that. The activity that I liked the most was where it teaches you to create an altar to yourself. It has you collect things that make you happy and put them on a towel or a tray. You will look at these things as you chant affirmations that validate you have done a great job and you will continue to succeed in life. It is important for you to honor yourself and it's nice to see that the author tries to help her readers do that in a creative way.

Overall, this was a really good book! I loved all the things it had to say about self-care and agreed with most of them. If you are looking to better yourself and for fun activities to help you do that - this is a great book to check out!

TL;DR - This is a really good book that has great things to say about self care and a bunch of fun activities and rituals for you to start loving yourself. My only negative is that the recipes in this book aren't necessarily healthy and that is important to me and my self-care journey.

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## **Shelby says**

I really enjoyed this one and will definitely be rereading in the future! I bookmarked a ton of things to go back to. It's full of spells, rituals and practical info and advice. I've already done one of the rituals and plan on going back to do more. Really looking forward to "banishing fear of success" which is a topic I have never seen another book bring up before. Also some of the things surrounding guilt were helpful.

The part that made the biggest impression and that I am trying to implement daily is being kind to your future self. Meaning don't leave more problems for your future self than they can handle. Balancing your needs now with those in the future. She words and explains it much better than I do of course

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## Sosanna Olson says

Today I'm reviewing *The Witch's Book of Self Care - Magical Ways to Pamper, Soothe, and Care for Your Body and Spirit*.

Generally I like to start out with a disclaimer. I am an atheist witch. I look for the connection between magic and science without the need for a deity. I receive no compensation for these reviews and all my links are standard Amazon links and not affiliate links. I am a practicing photo reader and have spent the last 15 years honing my craft. I offer personal readings by request and have a strong online history that boasts nearly 400,000 views.

As usual I'll be starting with a physical review of this book. Over all I love the size of this book. Generally speaking books are beginning to become over-sized. I'm glad to see one that I can easily toss into my purse or backpack to have something to read on the go. While access to internet is becoming more widely available, I like to have something on hand to pass the time while I'm waiting. This little book fits the bill. The cover is nice and smooth without being velvety and offers pages that are a slightly beige color. There are not a lot of photos in the book but there is a great deal of information. The type face is a good size and the printing is done in a nice red color which isn't distracting to the eye.

Around page 82 the author begins to talk about nutrition as self care. That isn't to say that the real information begins this page. There is a great deal of wonderful information included in the previous pages, but for me nutrition is a huge part of my daily concerns. I have kicked off a nutritional healing through holistic and plant based alternatives to a traditional diet. If you're interested in learning more you can find Real Rations on the web and on various social media locations. While I was pleased to see a book refer to nutrition as being a self care necessity, some of the recipes were lacking. There were a couple that were plant based but most had meat or colonial ingredients that we now know are the leading cause of heart disease and type 2 diabetes in America. I would love to see the author talk about the energy that we consume from a spiritual perspective and include what happens to our bodies we we are around negative people. If we experience negativity and pain from people we are simply sitting next to, what happens when we ingest the flesh of animals who are suffering. I simply cannot believe that the energy transferred would at the very least, have the same negative impact on our health. This chapter goes on to talk about the benefits of herbal teas and provides several recipes for creating your own.

Chapter four takes us on a spiritual journey to discover what we need to practice self care in the spiritual realm. It includes many sections on relaxation techniques including meditation, breathing and being mindful. The author provides numerous recipes for teas, incense and even instructions on creating your own set of prayer beads.

To me the most important chapter (if there could be just one) would be the section on household self care. If we have clutter all around us, our mind and energy is cluttered. To be more present you'll need to adjust your surroundings to be present. The author provides several examples of energy cleansing and centering tasks such as rituals, room sprays and powders as well as just saying, clean your space. Super simple but yet easy for us to forget in a busy day.

This book is a great housewarming or birthday gift. We spend entirely too much time not taking care of ourselves and anything that takes you out of the rat race and brings you back to your center is a good thing. I found this book to be simple to read, informative and full of information that I can see myself going back to. Overall a great addition to your healing library.

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## **Rebecca Elson says**

The review originally appeared on The Magical Buffet website on 02/21/2019.

Here in New York we're still in the cold, dark, grip of winter. As I type this, I'm waiting to see what happens with the next winter storm rolling through. Piled under blankets while listening to the fireplace makes me feel this is the perfect time to share my review of "The Witch's Book of Self-Care: Magical Ways to Pamper, Soothe, and Care for Your Body and Spirit" by Arin Murphy-Hiscock.

Murphy-Hiscock states the goals of self-care as "healthy mind, healthy body, and healthy spirit." At the beginning of the book she offers the simple definition of self-care as "self-care is any activity you do deliberately to take care of your mental, emotional or physical health." She goes on to explain that the concept of self-care is compatible with magic "because magic is about listening to what's inside you and the messages the Divine and nature have for you." "The Witch's Book of Self-Care" is truly proof of this because I feel it would appeal to people who practice magic looking for ideas for self-care, AND people who practice self-care looking to explore magic.

She divides the book into mental and emotional self-care, physical self-care, spiritual self-care, and household self-care. Contained within those chapters you'll find diverse ideas ranging from a recipe for pot roast to affirmations to directions for making your own body butter. Seriously, this book has a little something for everyone.

If you're like me, looking out a window into a cold, stormy winter, could I suggest "The Witch's Book of Self-Care" to help fill the rest of the season?

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## **Sarah says**

The Witch's Book of Self-Care is a wonderful, helpful read by a thoughtful and honest author. I very much enjoyed Murphy-Hiscock's voice and style and will look for more of her works.

She approaches self-care from a refreshingly frank viewpoint, and cuts down negative misconceptions right from the beginning. It's not about "eating chocolates on the couch", it's about balancing your concrete, practical responsibilities with your physical, emotional and spiritual needs. She makes a wonderful point about how taking care of your responsibilities is in itself a form of self-care. Anything that is good for you in some way, is self-care. And it's not a dirty word!

I want to add that while the book does contain recipes (for foods/teas as well as bath products) and spells, of course, that you need not be into the world of magic to enjoy and gain from this book. I would recommend this book to anyone whose mind is even the slightest bit open!

The Witch's Book of Self-Care stresses the importance of journalling, and I could not agree more. I'd already begun a Magic Journal but now I've got a self-care one, too, and it's been a positive experience so far.

Something I really appreciated as well is almost all of her suggested materials (for rituals) you might need



are all things you'd likely have around the house anyway! No (or very minimal) shopping necessary.

And if the author ever reads this--thank you for teaching me about Hygge. I am from a land of "cold-dark winters" myself so I am grateful for this new practice/way of thinking.

My favourite chapter was chapter 4: Seasonal Energies. If you deal with SAD like I do (who doesn't??) then you might like this one.

Just an overall positive, beautiful read. It was actually gifted to me from a dear friend when I was in a low point and it really helped me snap back into myself, so to speak. If you know someone who is down I highly recommend this bit of soul food. It helped me to reinvest in the practice of being in the moment, which isn't always as easy as it sounds. It's also the type of book you'll end up keeping someplace handy to go back and check or try new recipes/rituals!

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### **SA says**

Another excellent volume by Murphy-Hiscock with a great deal of practical, immediately useful ideas. It did end quite abruptly, though, leaving things feeling unfinished. There should have been an afterword, even a brief one.

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### **Rachel says**

Loved it! A thoughtful and inspiring book

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### **christina Nicholson says**

#### **Not just for "witches"**

This book is full of amazing and wonderful self care tips, ideas, spells/prayers, and even food recipes.i can't wait to start this new step in my self care journey

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### **Allison says**

*"You* define what success is. If you deal with a chronic illness, a success can be 'I got out of bed' or 'I ate breakfast'...The key is that you have to consider it a success within the context of the kind of day you had."

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### **Megan says**

This is beautiful and creates an amazing harmony with the book "Basic Witches" too. Adding Rituals or things that make you calm in your everyday life, is essential to maintaining great social-emotional

balance/health. Once you have found that balance, it gets a lot easier to react diplomatically and progressively with the rest of the world. This book is a beautiful purposeful tool, towards just that.

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### **Alex Truex says**

What a fantastic little cache of information. It's not like a lot of the generic beginner books floating around- it's really got some great meat for beginners and seasoned folk, alike. I loved it. Super relevant, covering all relevant self-care areas, but not too extra. Just right. Going to recommend it to everyone I know.

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### **Thursday says**

An overall very relaxing book, that includes many options for crafts, ideas for unwinding at home, how to deal with negativity etc. It's small sized so you can carry it with you easily, plus it's written in a very understandable form. Would recomend for witches and non-witches alike, as it's contents are not strictly for witches.

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