



## Shifting Out of Chronic Stress: A 7-Step Journey to Regain Your Balance and Inner Strength (Paperback)

By Danielle Sax

Living in Balance, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Finally! Shift from barely surviving to consciously thriving - in 7 simple steps! In this life-changing book, Danielle Sax offers a new look at chronic stress and an effective, solid and long lasting solution. Sharing her authentic story and expertise, she shows you how you too, like hundreds of others, can prevent or handle any serious stress situation by mastering all aspects of conscious self-care. By following this practical guide, you will definitely transform every area of your life. This handbook has everything you need to help you say goodbye to crippling stress for good and live the loving, authentic and meaningful life that you deserve. Discover how to: - Finally end the struggle with worry and the fear of not being good enough - Set your boundaries with respect toward yourself and others - Live fully connected with who you are instead of living in your head - Experience more energy and personal freedom in these demanding times - Feel stronger than ever before in your own mind and body These 7 steps have guided others across the globe to feel fully...



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