



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

*Danielle Sax*

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

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**Shifting Out of Chronic Stress: A 7-Step Journey to Regain Your Balance and Inner Strength** Danielle Sax

Finally!

Shift from barely surviving to consciously thriving – in 7 simple steps!

In this powerful book, Danielle Sax offers a new look at “chronic stress” and an effective, solid and long lasting solution. She developed this 7-step process after recovering from a debilitating stress-related illness. 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

“This book is for you or anyone you care about who lives with chronic stress, and its effect on the mind, body and spirit” PAUL MARTINELLI, INTERNATIONAL SPEAKER AND TRAINER

“Shifting Out of Chronic Stress” is a relevant, moving and inspired gift that will help each and every one of us create a more healthy life.” LISA BLOOM, INTERNATIONAL STORY COACH

“Danielle Sax reveals her journey with one purpose in mind, to equip you to live life at its most rewarding” CHRISTIAN SIMPSON, INTERNATIONAL COACH AND TRAINER

These 7 steps have guided others across the globe to feel fully alive, joyful and worthy again, and they will do the same for you.

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#### **Tamera Duckett:**

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#### **Elizabeth Wiggins:**

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#### **Ruth Frye:**

Spent a free time and energy to be fun activity to perform! A lot of people spent their free time with their family, or their particular friends. Usually they performing activity like watching television, planning to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to consider look for book, may be the reserve untitled *Shifting Out of Chronic Stress: A 7-Step Journey to Regain Your Balance and Inner Strength* can be very good book to read. May be it may be best activity to you.

#### **Larry Morris:**

In this era globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, newspapers, book, and

soon. You can view that now, a lot of publisher in which print many kinds of book. The actual book that recommended for your requirements is *Shifting Out of Chronic Stress: A 7-Step Journey to Regain Your Balance and Inner Strength* this guide consist a lot of the information in the condition of this world now. This particular book was represented how do the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. Typically the writer made some exploration when he makes this book. That is why this book suited all of you.

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