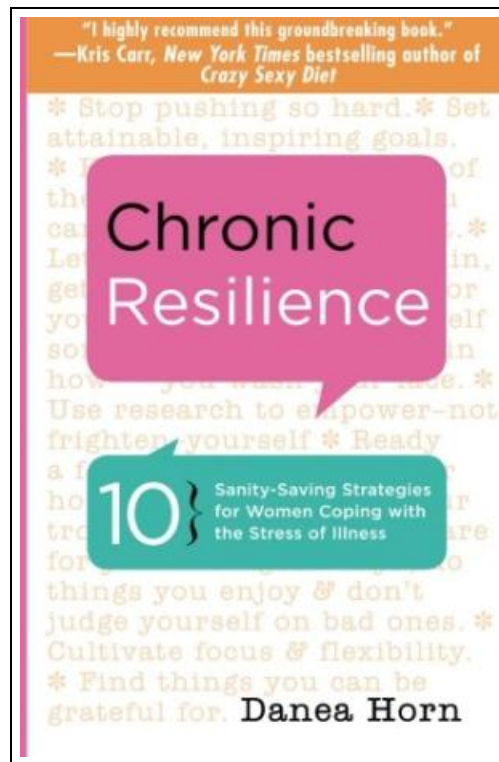


Chronic Resilience: 10 Sanity-Saving Strategies for Women Coping with the Stress of Illness



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Reviews

The book is great and fantastic. It is written in straightforward words and phrases rather than difficult to understand. You won't really feel monotony at any time of your respective time (that's what catalogues are for regarding should you question me).
(Payton Miller)

CHRONIC RESILIENCE: 10 SANITY-SAVING STRATEGIES FOR WOMEN COPING WITH THE STRESS OF ILLNESS



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Conari Press. Paperback. Condition: New. 256 pages. Dimensions: 8.4in. x 5.5in. x 0.9in. Chronic illness comes with stress, and Chronic Resilience provides a complete self-help blueprint for managing the difficulties chronic illness presents. Certified life coach and speaker Danae Horn, who suffers from chronic kidney disease, infertility, and other demanding health challenges due to a birth disorder, offers techniques and ways to rebound from the pressures of having a body that's doing things you wish you could control. Chronic Resilience shows how to: Stop pushing yourself so hard. Use research to empower not frighten yourself. Let yourself be pissed! Train your troops in how to care for you. Cultivate focus and flexibility. Find things to be grateful for. Focus on what you can do, not what you can't. Each chapter also contains highlights of interviews with women dealing with chronic health issues ranging from cancer to organ transplant, Crohn's disease, rheumatoid arthritis (RA), MS, Cushing's disease, diabetes, and others. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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