



# 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** 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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