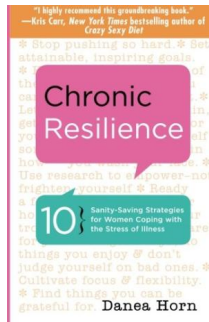


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CHRONIC RESILIENCE: 10 SANITY-SAVING STRATEGIES FOR WOMEN COPING WITH THE STRESS OF ILLNESS



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...

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- Authored by Danae Horn
- Released at -



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Reviews

Excellent e-book and useful one. It is written in straightforward phrases rather than confusing. I am just very happy to explain how here is the finest publication I have got read through in my very own lifestyle and might be the greatest book for possibly.

-- **Viva Schuster**

I actually started reading this publication. It is full of knowledge and wisdom. You won't sense monotony at any time of your respective time (that's what catalogs are for relating to should you check with me).

-- **Vilma Bayer III**

The book is simple to read through better to fully grasp. It is really exciting through looking at period of time. I discovered this publication from my i and dad encouraged this book to find out.

-- **Dr. Dillon Monahan**