The Stimulati Experience: 9 Skills for Getting Past Pain, Setbacks, and Trauma to Ignite Health and Happiness (Hardback)

By Jim Curtis

Rodale Press Inc., United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Jim Curtis, President of Remedy Health Media, business coach and patient advocate has created a comprehensive guide to living fearlessly with chronic illness, stress and personal setbacks. The Stimulati Experience teaches anyone who is suffering how to restore their health and happiness by changing the stories they tell and releasing shame while building self-worth and purpose in life. Jim knows pain. For the past 20 years, he has battled a mysterious chronic illness with debilitating symptoms. Like many, he grew accustomed to living in denial and despair. But when painkillers and a myriad of medical therapies couldn t resolve his pain or restore mobility, Jim sought answers elsewhere. With the help of the extraordinary people he calls The Stimulati, Jim learned that he was more than his struggle. His journey to discover who he was and how he could recover transformed his life sentence of suffering to one filled with better health, joy, and purpose. In The Stimulati Experience, readers both with and without chronic illness learn how to achieve better health and an abundance of happiness. The book distills a unique, nine-step program that...

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Reviews

A superior quality book along with the font employed was exciting to see. It is one of the most amazing book i have got read through. You wont really feel monotony at anytime of the time (that's what catalogs are for about in the event you ask me).
-- Santina Sanford

Definitely among the best publication We have possibly read through. I really could comprehended everything using this published e ebook. Its been written in an exceedingly straightforward way and it is simply after i finished reading through this ebook through which basically altered me, change the way i believe.
-- Mr. Malachi Block