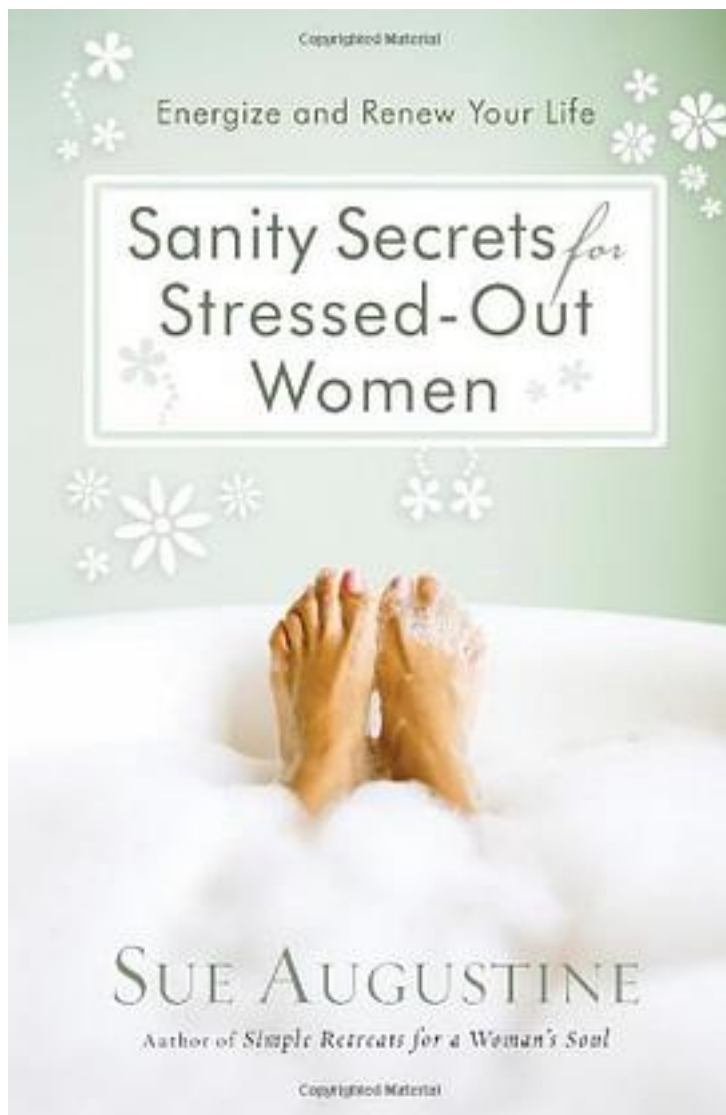


# Sanity Secrets for Stressed-Out Women



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Frustrated, frayed, frazzled, and fatigued. That's how most women feel every day. Motivational speaker and life coach Sue Augustine goes beyond the typical relaxation exercises for stress relief to give readers powerful tools based on biblical principles to achieve balance in body, mind, and spirit. Vibrant health and a strong sense of well-being is possible! Readers will discover how to...recognize the signs of approaching or experiencing burnout; recharge their batteries; attain inner calm regardless of circumstances; get along with (almost) everyone; and, break the stress cycle once and for all. Refreshingly down-to-earth and informative, "Sanity Secrets for Stressed-Out Women" offers simple lifestyle, attitude, and behavioral changes that will help readers feel better and achieve more than they ever thought possible.

作者介绍:

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