



DOWNLOAD



Rewired Life: A Journey to Untangle Chronic Pain and Endometriosis

By Audrey Michel

Balboa Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Isn't it time to put your health first? To give yourself the gift of whole-body wellness? What if embracing unconditional love and a life of self-care was the first step to wellness? Could you honor that for yourself? The real challenge is looking inward and creating a practice to move past stress. Wellness is more than a one-dimensional approach. Healing takes work on our mind, body, and spirit. Wellness is a process to heal layers of physical and emotional pain, trauma, and stress. Audrey Michel knows this from experience. She is an author, speaker, and spiritual growth coach who survived seventeen years of chronic pain and endometriosis. Audrey spent more than half her life learning to cope with pain and overcome symptomatic issues. Now pain- and symptom-free, she is passionate about listening to her body, honoring her body, and sharing her story to empower women to heal. Join Audrey through her journey. Find inspiration and motivation to overcome your obstacles, climb your mountain, and define your path to love yourself, heal your body and mind, and...



READ ONLINE

[4.1 MB]

Reviews

This ebook is really gripping and fascinating. it had been writtern extremely perfectly and useful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Leopold Hills**

Totally among the finest publication I actually have at any time study. I am quite late in start reading this one, but better then never. I found out this publication from my dad and i suggested this pdf to discover.

-- **Karolann Deckow IV**