



# Sick *of* Being Sick

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## Sick of Being Sick: The Woman's Holistic Guide to Conquering Chronic Illness



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Are you set to radically transform your wellbeing? Chronic illness – whether you are coping with tumor, autoimmune disease, or a slew of mysterious symptoms – lives filled with well-being, joy, connection, peace, and pleasure. Walding's Whole-Hearted Healing strategy Access powerful tools, ideas, lifestyle elements, and daily procedures that are crucial for radiant health Create a self-care action plan Understand how exactly to overcome overwhelm and fear to make decisions for your highest good Become alert to subtle, but dangerous, blind spots which may be massively sabotaging your healing efforts Understand how persistent illness can be a stepping stone to a fantastic life (rather than a stumbling block) This heart-felt curing manifesto provides a extensive roadmap to empower and support you as you navigate your healing path. If you are ready to begin your trip to wellness, Sick of Being Sick will end up being your portal of transformation and possibility to bring you back to your heart also to experience the health and wholeness you desire. You would do anything – if you knew how to proceed and who to hear. Wellness professional Dr. Brenda Walding spent the last 10 years navigating debilitating chronic illness (including breast malignancy) and found understand the crucial components required for true curing and thriving. In Sick of Getting Sick you will: Learn to implement the 9 Essentials of Dr. cuts to the core of a girl' Today it is her mission to help other women discover ways to utilize their innate recovery power and finally begin living the lives they crave –s being. You may feel like you are drowning in a sea of pills, treatments, programs, diets, and debt that never quite gets you the outcomes you crave.



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