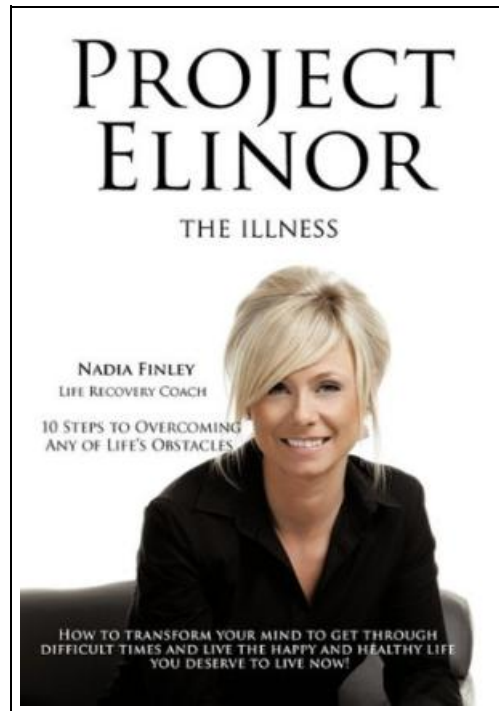


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The book is fantastic and great. This is for anyone who statte there was not a worthy of reading. I found out this publication from my i and dad advised this pdf to learn.

(Pete Paucek DVM)

PROJECT ELINOR THE ILLNESS 10 STEPS TO OVERCOMING ANY OF LIFES OBSTACLES



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AuthorHouse. Paperback. Condition: New. 140 pages. Dimensions: 8.9in. x 5.9in. x 0.4in. Nadia Finley offers a lifestyle program that is practical and easy to understand. Based on her own life experiences, Finley developed the Project Elinor program for those dealing with personal hardship, and for any one of us who simply want to lead healthier, happier lives. In this book, Finley guides readers through pathways to emotional, spiritual, and physical well-being. By sharing her moving story about the loss of her mother, Finley provides unique perspectives to overcome any of lifes obstacles, accompanied by a series of practical exercises to help you through the process. You will understand how to separate the mind from the body when coping with negative experiences and learn strategies for gaining control of the mind when things are at their worst. Essentially, you will learn how to live life - as opposed to being victimized by it. In order to refer to the manner of lifes difficulties in a clear and simple way, Finley conceptualizes these hardships as Illnesses, demonstrating how these experiences can negatively affect your overall well-being. Therefore, in this book, the term Illness is not necessarily linked to a physical sickness, but rather it is connected to your personal struggle with any of the following: the loss of a loved one; loss of a job; loss of self-esteem or self-identity; the breakdown of a marriage or relationship; or a drastic change in your financial status. You determine what your Illness is. To put it simply, our Illnesses are our most profound negative life experiences, the kinds of experiences that each of us must contend with at one point or another. This book offers the tools needed for optimizing every experience and opportunity that life will provide, despite the negative circumstances that any of...



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