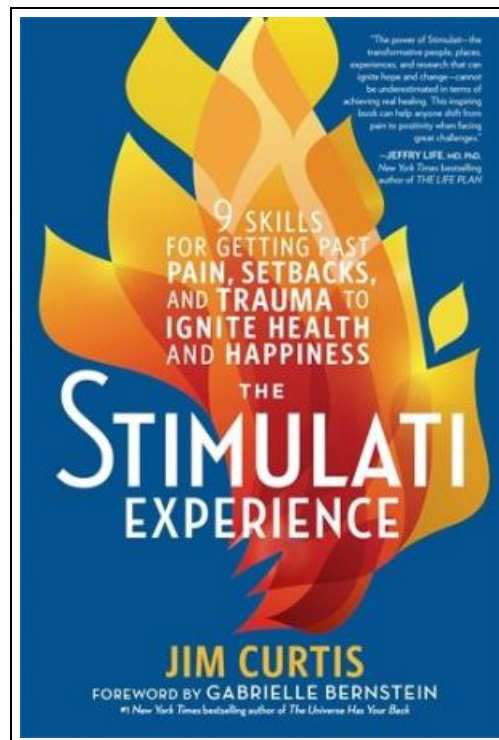


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THE STIMULATI EXPERIENCE: 9 SKILLS FOR GETTING PAST PAIN, SETBACKS, AND TRAUMA TO IGNITE HEALTH AND HAPPINESS (HARDBACK)



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 is both grounded in the latest scientific research as well as Jim's often wild experiences. By combining these lessons Jim moved from utter despair, singular thinking and pain to abundance, excitement, and ease. And through this deliberate work, he recreated a life filled with power, success, purpose and meaning. Packed with dozens of personal stories from other inspiring individuals Jim has met, and 20 experiential lessons he has learned, The Stimulati Experience will help anyone achieve optimal health and purpose in life.

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