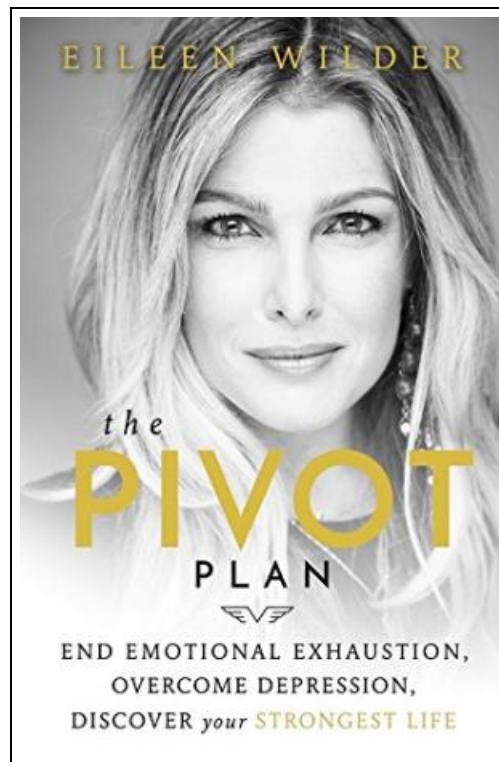


The Pivot Plan: End Emotional Exhaustion, Overcome Depression, Discover Your Strongest Life (Paperback)



Filesize: 4.39 MB

Reviews

It is one of the most popular books. I am quite late in starting to read this one, but better than never. Once you begin to read the book, it is extremely difficult to leave it before concluding.




(Camille Larson)

THE PIVOT PLAN: END EMOTIONAL EXHAUSTION, OVERCOME DEPRESSION, DISCOVER YOUR STRONGEST LIFE (PAPERBACK)



To read **The Pivot Plan: End Emotional Exhaustion, Overcome Depression, Discover Your Strongest Life (Paperback)** eBook, you should refer to the hyperlink below and download the ebook or get access to additional information which might be in conjunction with THE PIVOT PLAN: END EMOTIONAL EXHAUSTION, OVERCOME DEPRESSION, DISCOVER YOUR STRONGEST LIFE (PAPERBACK) ebook.

Emerge Publishing LLC, 2018. Paperback. Condition: New. Language: English . Brand New Book. Discover the Freedom to Rise Above Chronic Stress and Emotional Exhaustion Have you ever felt emotionally drained? Weighed down by chronic anxiety and worry? The Biblical insights and proven science in this book will show you how to gain endless energy and the peace of mind you crave. We re living in a more fast-paced world than ever, and it takes its toll on our mind, body, and spirit. It s time to leave chronic stress and emotional exhaustion behind .and it s easier than you might think. The Pivot Plan is designed to reduce stress and resolve low-level depression, presented in a concise and easy to read format. This book is for people who suffer from chronic low mood, exhaustion, procrastination, and who need further clarity regarding their purpose. In this book, Bestselling Author, Eileen Wilder, reveals how to find all the energy you ll ever need by learning to let go and rest in Christ completely. The Pivot Plan provides a proven step-by-step system that will give you: -Four tried and true methods to stop striving that make the recovery process simple, easy fast -A reframing technique that ends anxiety (in as little as ten seconds) -Simple strategies for preventing defeating low moods -The #1 way to actually stop overthinking everything and quit worrying (hint: it has nothing to do with suppressing negative thoughts) -A simple and fast pathway for discovering your purpose (holding your hand every step of the way) -A lasting Soul Care Routine (even if you have no idea what you re doing) Before you even finish The Pivot Plan, you will feel lighter, freer, and enjoy an unexplainable peace of mind. You ll gain instant clarity regarding your purpose, and discover...

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