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August 2013
Chronic Resilience
10 Sanity-Saving Strategies for Women Coping with the Stress of Illness
Danea Horn

“Danea Horn has put an honest and wise voice to the intimate journey of illness. She lights a fire for self-compassion and puts stress in its place, while providing empowering suggestions for living with grace and *Chronic Resilience*. I highly recommend this groundbreaking book.”

—**Kris Carr**, *New York Times* bestselling author of *Crazy Sexy Diet*

“I love this book. It is funny, touching, and true. *Chronic Resilience* is a best friend for anyone impacted by chronic illness.”
 —**Penelope Young Andrade, LCSW**, author of *Emotional Medicine Rx: Cry When You're Sad, Stop When You're Done, Feel Good Fast*

Chronic illness comes with stress, and *Chronic Resilience* provides a complete self-help blueprint for managing the difficulties chronic illness presents. Certified life coach and speaker Danea Horn, who suffers from chronic kidney disease, infertility, and other demanding health challenges due to a birth disorder, offers techniques and ways to rebound from the pressures of having a body that’s doing things you wish you could control.

Chronic Resilience shows how to:

- Stop pushing yourself so hard
- Use research to empower—not frighten—yourself
- Let yourself be pissed!
- Train your troops in how to care for you
- Cultivate focus and flexibility
- Find things to be grateful for
- Focus on what you can do, not what you can't

Each chapter also contains highlights of interviews with women dealing with chronic health issues ranging from cancer to organ transplant, Crohn’s disease, rheumatoid arthritis (RA), multiple sclerosis (MS), Cushing’s disease, diabetes, and others.

Danea Horn has managed chronic restrictive lung disease, chronic kidney disease, and other health “inconveniences” while creating an impressive academic record, fulfilling productive career, and a loving marriage. She is a certified life coach and a public speaker who has appeared on television and numerous health blogs including Kris Carr's *Crazy Sexy Life* and LifeScript.com’s Health Bistro, and consulted with sports teams and corporations, among them Mary Kay. Visit her at www.chronicresilience.com.

Chronic Resilience
 Danea Horn
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