



Sacred Stress: A Radically Different Approach to Using Life's Challenges for Positive Change

George R. Faller, Heather Wright

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Learn how to understand and use stress for positive change. With up-to-date analysis, real-life examples and spiritual practices, this book explores the effects of stress and ways to honor its symptoms. Rather than being limited by a perspective of distress, you can use stress as a catalyst for growth in all areas of life.

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