

Coping With Everyday Problems

Guest Opportunity: Jeanette Kildevaeld --- Expert on Resiliency, Perseverance, Life-Coaching, Confidence and Spiritual Healing, who is a #1 Amazon Best Selling Author of *"You Are Worthier: A Guide to Improving Your Illness or Injury on the Road to Recovery."*

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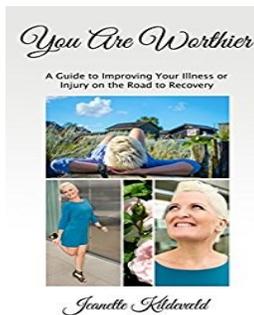


Stress is a natural part of life. You may feel physical stress which is the result of too much to do, not enough sleep, a poor diet or the effects of an illness. Stress can also be mental: when you worry about money, a loved one's illness, retirement, or experience an emotionally devastating event, such as the death of a spouse or being fired from work.

However, much of our stress comes from less dramatic everyday responsibilities. Has life become too busy and involved for us to concentrate on what really is important?

Jeanette Kildevaeld uses her experiences to elaborate on how to be resilient in the chase of your dreams all while living a stress free life. She uses her book, "You Are Worthier: A Guide to Improving Your Illness or Injury on the Road to Recovery" to explain how recovering from a severe illness or injury can be an extremely difficult process. Jeanette can touch on the stress levels at this time and how to keep moving in a positive direction.

- * What are some warning signs of stress?
- * How did everyday life become so involved?
- * What are some of the ways to live a stress free life?
- * When things do not go our way, how do we stay focused and happy?



Meet Jeanette Kildevaeld:

Jeanette Kildevaeld lives in the Danish Island Funen, also called "The Garden of Denmark" with her husband and two daughters. She enjoys writing columns, speeches and books to help others heal mentally and physically. She is a life coach and her spirituality allows her to connect with people and help them heal during sessions. When she isn't writing she likes to travel, run and to spend time with family and friends.

For more information visit....www.youareworthier.com/

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