

Stress Kills the Mind

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."*

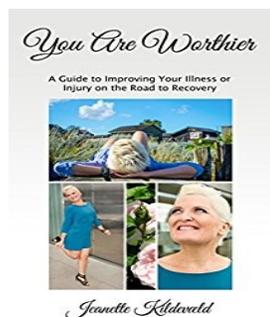
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Stress affects pretty much all of us at some point in our lives. The funny thing is, positive events like getting married or starting a new job can stress us out. These days, the problem comes with having more stress in our lives than we need.

Stress is hard on the mind — this much we intuitively know. But what we may not realize is how much our daily reactions to stress take a cumulative toll on our minds.

- * What are some ways that we can lead a more peaceful and spiritual life?
- * 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?

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.



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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