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Transform Stress Into Strength: Getting Control of Your Life, Your Mind, and Your Time

Susanne Sweeny

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HELP--MY LIFE'S OUT OF CONTROL!

It's a common lament--an increasing frustration. You're frazzled by the frantic pace. Your "to do list" is about to do you in. You can't catch your breath before more musts and shoulds appear. You're "all stressed up" and spinning into a vicious, downward spiral.

Let Susanne Sweeny, counselor and life coach, halt the madness and set you on a well-charted course to transform stress into strength and reclaim your personal power. With insightful assessments that pinpoint your values, priorities, and mission, you'll create a strategic life plan and refocus your time from the tyranny of the urgent to the truly important.

Avoid the mental traps that keep you from achieving your dreams. Take control of your mind and emotions and eliminate the worry that saps your energy.

You can do it! Susanne shows you how.

"Susanne Sweeny has created an important and timely roadmap to successfully navigating life's complexities and stresses. Her book is a powerful guide to transcending the "tyranny of the urgent"; clarifying your life's mission, vision and purpose; and taking control of your destiny. Its wisdom and practical advice will improve your sense of focus, your experience of living - and very likely your physical health as well. I recommend it highly!"

Jeremy R. Geffen, MD, FACP Medical oncologist and author of *The Journey Through Cancer: Healing and Transforming the Whole Person.*

"Susanne Sweeny's book offers refreshing help on our journey of finding meaning, purpose and legacy in our lives. A "must read" for those wanting to make a difference in the frenetic 21st Century."

Kenny Moore, HR Executive, former Catholic Monk and best-selling author of *The CEO and the Monk: One Company's Journey to Profit and Purpose.*

"Got Stress? Here is a down-to-earth book that will not only help you survive today's pace but bring joy back into your life. I recommend it to my corporate clients and to my friends!"

Dr. Lucille Maddalena, Management Consultant

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Kenneth Vargas:

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