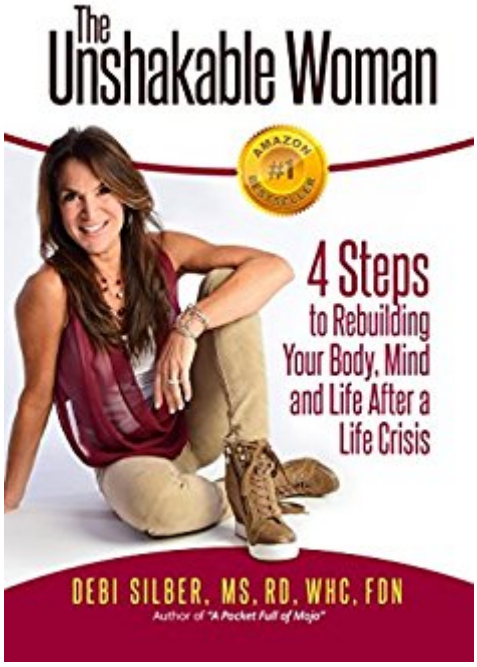
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The Unshakable Woman: 4 Steps To Rebuilding Your Body, Mind And Life After A Life Crisis



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Synopsis

A life crisis can be a divorce, disease, the death of a loved one or a devastation of some kind that can completely unravel us. It can also be a mid-life crisis where suddenly we start questioning what weÃ¢â ¬â„¢ve been doing, and how weÃ¢â ¬â„¢ve been living as we feel the undeniable urge calling us to live more deeply and fully. It can cause us to question everything weÃ¢â ¬â„¢ve known and everything thatÃ¢â ¬â„¢s been familiar as we struggle to make sense of what happened. It can also cause us to face that fork in the road as we consider next steps and a path different from the one we were on and one that can take us to find our greatest passion and purpose.How can you use this crisis as an opportunity to rebuild your body, mind and life and create something even better than before? The Unshakable Woman will show you how.

Book Information

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Customer Reviews

We all face crisis moments in our lives at one point or another, and can grow and get stronger as a

result. Finding the resilience to face life’s challenges can be tough, and Debi Silber’s new book is a great resource! She provides practical strategies for finding the opportunities amidst the challenges, and leading an even better life as a result. As a clinician, I work with many parents whose lives have been turned upside down when they find out their child has special needs. This book is a great resource to help them navigate the emotions and challenges, and come out better as individuals and parents on the other side. I look forward to recommending this book to many parents at my clinic!

Phenomenal information for ALL WOMEN on shifting from breakdown in your life to breakthrough. Thanks so much Debi for your brilliant work and support.Ã Â The Unshakable Woman: 4 Steps to Rebuilding Your Body, Mind and Life After a Life Crisis

I work out 3 - 5 x a week, eat well, consider myself a soulfully and physically fit 58 year old female. After suffering a heart attack and needing 3 stents I was in psychological shock. This book is GREAT for anyone who is so caught up in the thick of their life and wants to finally make a change in their mind, body and soul. No nonsense, motivating, inspiring, short and to the point! If you are "ready" (to rebuild your life), get set because this book will take you where you want to go. Wish it were on audible.

If you are willing to dive into change, then and only then will your life change. Debi’s book walks you through the process of change by teaching you how to become aware of your inner whisperings. Her step by step process for change and transformation is an easy read with powerful action steps to guide you through the process. A must read for any woman that is feeling stuck in any area of their life!

This little book has so much to offer. It’s got just the right mix of inspiring story with practical advice and how-to. For those of us overworked and stressed out women, this is a God send. I hope Silber keeps writing and sharing her wisdom.

This book is incredible for helping you to rebuild your life and mind after any difficult obstacle. The Unshakable Woman will show you how to leverage any circumstance with grace and confidence. Thank you Debi for writing this book and sharing your process for becoming an unshakable woman!

This book is a must read whether you are a super soccer mom or a busy executive. The book has simple and easy strategies anyone can implement into their life to improve their health and mindset on every level. A must read!

A MUST read....it was as if she was talking to me..She writes from the heart and experience. Thank you Debi for your love and care

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