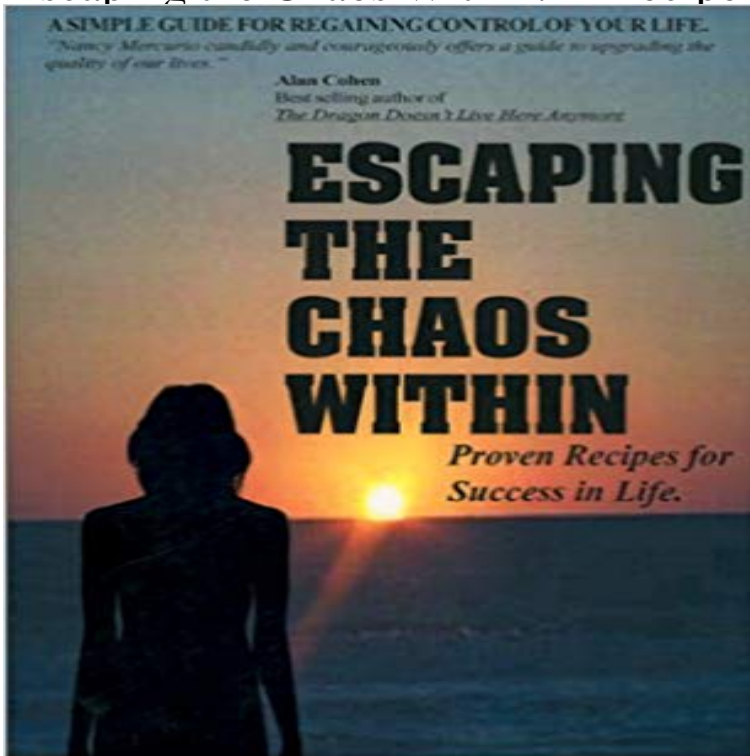


Escaping the Chaos Within: A Recipe for Life Success



This is the story of one woman's journey into healing. Typical of the modern woman, Nancy Mercurio was a wife, a mother, owned and operated one business, was co-owner of a second, taught three classes per semester at a community college PLUS took classes to complete her masters degree. She was over-extended and overwhelmed. Added to her career stresses, Nancy had undergone eleven surgeries and was placed in a full body cast twice, once for nine months. She had also been physically and mentally abused, married and divorced, was a single parent, and had lost both brother and roommate in tragic deaths. Her life was one of inner chaos. This book is about Nancy Mercurio's escape from the chaos within. With the help of a Naturopathic Physician, Nancy slowed down, re-established her priorities, developed a healthy eating habit, and improved physically, emotionally, spiritually, and socially. In this book, Nancy shares her experience and offers helpful suggestions for the modern working woman obsessed with getting ahead. Interesting and helpful reading.

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