

Chris Janssen's *Grace Yourself* is a guide for anyone struggling with addiction to move beyond self-limiting behavior into a life of fullness and freedom.

Alcohol had a hold on Chris Janssen's actions and thoughts until she made the life-changing decision to attend a support meeting and realized two truths: it wasn't her fault and she wasn't alone. Once she was embraced by a community that offered a nonjudgmental look at her struggles, Chris discovered that if she wanted to have a full and lasting life, alcohol could have no part.

In *Grace Yourself*, a humble account of Chris's transformation to an alcohol-free life, she offers a hand to others who are experiencing similar struggles, whether their addiction is alcohol or anything else.

With heaps of grace, Chris shares the ups and downs of her journey while teaching you how to get curious and ask questions that move you forward. There is zero shame in her approach, and her expertise in coaching will help you let go of what's holding you back so you can live a full and free life.

This is a book for recovering sobriety after relapse, recovering perfectionists, and for anyone who desires to release controlling thoughts. *Grace Yourself* will help you realize that your worth is not dependent upon your actions or mistakes but, rather, your value and power is within you now to live the extraordinary life you want.

CHRIS JANSSEN, MA, BCC, is an award-winning, bestselling author, inspiring speaker, and a board-certified coach with a master's in counseling psychology, whose unique style has energized hundreds of clients to close the gap between where they are and where they want to be. In addition to her academic degrees, Chris trained with Tony Robbins as a Results Coach and joined his international coaching team. In 2021 and 2023, *Brainz Magazine* named Chris one of the Global Top 500 Influential Leaders for her accomplishments in mental health and dedication to helping others.

Read by the Author

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The Playaway format is recommended for children ages 5 and up.



AUDIO

Grace Yourself

Chris Janssen

Adult



PLAYAWAY
THE ALL-IN-ONE AUDIOBOOK

