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Invisible Strength

Jenni Reiffel

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Invisible Strength

Jenni Reiffel

Invisible Strength Jenni Reiffel
Are you feeling down and out? Have you or someone you know suffered from anxiety and depression? This book may be the answer to your prayers. Invisible Strength is the inspirational story of how a young woman faced her fears and beat down inner limitations to overcome depression and anxiety to live the life she dreamed of. Recounting the personal journey of Jenni Reiffel, the chapters of this book reveal how this strong and outgoing woman was shocked when she was diagnosed with post-natal depression. Moving, real and heartfelt, Jenni's story from diagnosis to her life today, including the road bumps along the way, is nothing short of uplifting. This book is divided into two parts. Part 1 shares Jenni's inspiring story, and Part 2 provides a complete guide of the tools Jenni used to get control of her life again. Those suffering from depression and or anxiety will be walked step-by-step through a journey to recovery. This book also proves to be an eye-opener for anyone who may know of someone affected by either one of these mental illnesses, bringing a new perspective and hope.

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