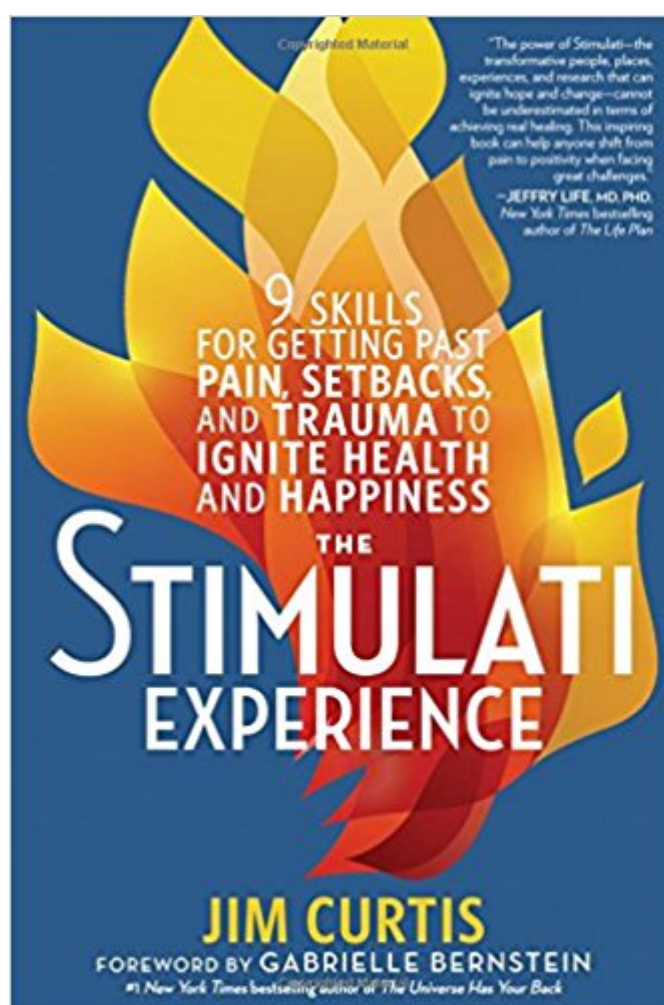


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The Stimulati Experience: 9 Skills For Getting Past Pain, Setbacks, And Trauma To Ignite Health And Happiness



Synopsis

A comprehensive plan for overcoming chronic illness, stress, and personal setbacks For more than 20 years, Jim Curtis has battled a mysterious chronic illness. He grew accustomed to living in pain, denial, and despair. But when traditional medical therapies didn't help, he sought answers elsewhere. He traveled the world and met a group of extraordinary people he calls The Stimulati—and what he learned from them ultimately changed his life. In The Stimulati Experience, Jim outlines his own incredible journey, as well as his step-by-step program to overcome pain, setback, and struggle to transform your life into one filled with better health, freedom, joy, strength, and purpose. Whether you suffer from a chronic illness, anxiety, or depression, you'll learn how to achieve better health and an abundance of happiness. Featuring a motivational and inspiring foreword by New York Times bestselling author Gabrielle Bernstein, The Stimulati Experience distills Jim's unique nine-step program created from his own personal experience, The Stimulati themselves, and lessons he has learned from creating the world's leading digital health platforms. Using grounded scientific research, practical takeaways, insightful evaluations, and his own personal stories, Jim takes you on a journey of self-discovery so that you can radically improve your life. The Stimulati Experience is your ultimate guide to optimal health of the body and mind.

Book Information

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Customer Reviews

“The power of a Stimulati—the transformative people, places, experiences, and research that can ignite hope and change—cannot be underestimated in terms of achieving real healing. This inspiring book can help anyone shift from pain to positivity when facing great challenges.” —Jeffrey Life, MD,

New York Times bestselling author of *The Life Plan* will have witnessed Jim's transformation from hopeless to hopeful firsthand. His determination and relentless quest for health and happiness will be inspiring to so many people, at every stage of life.

- Marcus "DL" Siskind, Grammy-Nominated Producer/CEO, Mass Appeal Entertainment: "As a Lyme-literate physician, I know there are many factors to beating illness that go beyond the medicine cabinet. The mind/body connection influences both illness and recovery, and our journey is to find that perfect prescription of physical, mental, emotional, and spiritual balance that is necessary to achieve the greatest level of healing. Jim Curtis' brave new book artfully explains this path, and gives readers the tools they need for identifying what's holding them back from getting better."
- Richard Horowitz, MD, bestselling author of *How Can I Get Better?*: "The Stimulati Experience will give you the confidence and strength to elevate your life, find the healing you're looking for, and drop the stories that are holding you back from your true power. Jim's boundless courage to share his quest, his belief in limitless possibility, and his incredible stories of triumph will touch your heart, open your mind, and ignite your spirit."
- Jenny Sansouci, founder of HealthyCrush.com: "After reading this powerful book, I realized that Jim and I have much in common. In fact, I've used many of the same skills he teaches to overcome my own challenges. These skills have helped me find my passion, which resulted in building a digital platform that has positively impacted the health of millions. Follow *The Stimulati Experience* and you will be sparked!"
- Chris Downie, founder and CEO SparkPeople.com, and author of the New York Times bestseller, *The Spark*: "As anyone with a chronic health challenge knows, there is no smoking gun, or one-size-fits-all fix. This is where the profound and inspirational book, *The Stimulati Experience*, comes in, revealing the secret to true healing: recognizing and incorporating the wisdom of our own Stimulati, and applying that wisdom to achieving true mind-body health."
- Mary Shomon, New York Times Bestselling Author of *Thyroid Diet Revolution*, and co-star of the PBS *Healthy Hormones* television series

Jim Curtis is the President and Chief Strategy Officer at Remedy Health Media, the third largest digital health platform, which provides integral health advice to millions every year. Jim was also a key leader in developing WebMD and Everyday Health, the top two national health sites. He is the recipient of PharmaVoice's Top 100 Most Inspirational in Health three years in a row, as well as the PM360's Elite Disrupter Award and MM&M's Rising Star Award. Jim is a public speaker, storyteller, and business coach. He is a graduate of the Whittemore School of Business at the University of New Hampshire. He lives in New York, NY.

There are a lot of books in health/self-help, this is the ONE book that is a must read. The information and inspiration Jim imparts is priceless. Not only will it provide illumination while reading, it will also serve as a guide for one's self-care journey throughout life. Jim's courage and vulnerability is beyond moving. His crusade to share his own learnings with all of us is the ultimate gift. I personally am working on integrating my mind, body, emotion and physical spheres into one seamless being of energy and wisdom, Stimulati is helping me in this embryonic process.

Worth reading! I enjoyed Jim's genuine story of his journey living with an undiagnosed condition. Learning about his low-points and then how he persevered in turn inspired me to evaluate my own life. Not only does Jim tell a great riveting story, he encourages readers that it is possible to successfully change their own story by following the steps he presents in The 21-Day Stimulati Experience to Cement Your Skills section. I strongly recommend this book to get a new outlook and commitment to your life.

This book portrays the author's honest and vulnerable approach to overcoming major life struggles without being preachy. Thank you! I am so tired of self help know-it-all! It is refreshing and inspiring to hear this level of candor and authenticity and to learn some very realistic tools for overcoming my own life struggles. I loved this book! Now it's time to identify MY Stimulati! Thank you!!!

This is a refreshing perspective from an author with a strong voice. Jim Curtis has traveled the long road to healing and in this book he skillfully presents his research in order to inspire others to choose positivity and health over negativity and pain. I love the overall message and definitely recommend others to have a read.

What a great book. Through the lens of his own health struggles, Jim does an fantastic job showing the mind body connection. Drawing on his experiences with various practitioners that he calls his "Stimulati" he gives you the tools and shows you the path towards taking control of your health and your life. Highly recommended.

Jim's story is raw and awe inspiring. His wisdom is invaluable and the lessons learned in this book are without a doubt crucial to living a more fulfilled life. I highly recommend this book.

I loved the story of Jim Curtis and his authentic writing style. I have already put some of his life lessons into place in my daily life! Great Book.

Already feels like a weight has been lifted since i finished this book and started practicing the exercises. thank you so much.

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