



Stretch Your Brave, Hack Your Story: Break Through Chronic Disease with Storytelling

Melanie Banayat

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A key missing component to the typical conventional western medicine doctor visit is your story. You fill out a checklist of symptoms and conditions on a five page health history form and get a short seven minute consult with the doctor who then prescribes a pill for each ill, and you're never asked to tell your story. There are rarely any in-depth inquires about what might have caused the inflammation, symptom, or discomfort in the first place.

It's a blessing to be able to investigate and set a story free. As we grow older we tend to hold on to most of our stories and drag them around like a collection of heavy boulders that fester and manifest into disease.

What the heck does "Stretch Your Brave, Hack Your Story" mean? Well, one of the goals of this book, and the companion workbook, *The Common Courage Way*, is to challenge you to become a 'hacker.' What is a hacker? In this case, hackers are positive innovators. Hackers are people who challenge and change systems to make them work differently - to make them work better - it's a mindset. Any and every system is open game for being hacked these days - even your health story.

If you have been suffering with chronic diseases of lifestyle for entirely too long, with little to no relief, and no signs of true healing - then you may be stuck in story. Banayat takes you on an exploratory journey through 16 different stories that give you insight into fiery dramas, unexpected traumas, in addition to the everyday struggles with relationships, medications, spirituality, addictions, food intolerances, and chemical imbalances. She even tells her own story of recovery from Rheumatoid Arthritis.

For over thirty years Banayat has used storytelling in her professional fine art career and has graced the pages of this book with images from her original artworks. The artwork sets a beautiful tone for introspection. This book was designed to leave out on your coffee table where you can read one or two stories at a time and ponder the contents. For more information please visit MelanieBanayat.com

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From reader reviews:

James Snyder:

Have you spare time for the day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a go walking, shopping, or went to the particular Mall. How about open or maybe read a book allowed Stretch Your Brave, Hack Your Story: Break Through Chronic Disease with Storytelling? Maybe it is being best activity for you. You realize beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have some other opinion?

Pamela Bradley:

A lot of people always spent their free time to vacation or maybe go to the outside with them family members or their friend. Did you know? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book which you read you can spent the entire day to reading a reserve. The book Stretch Your Brave, Hack Your Story: Break Through Chronic Disease with Storytelling it is rather good to read. There are a lot of people who recommended this book. These were enjoying reading this book. Should you did not have enough space to develop this book you can buy the actual e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not too expensive but this book features high quality.

Juan Crowe:

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with Storytelling can make you experience more interested to read.

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