



Testimonial for the book 'De-Stress Your Success'

“De-Stress Your Success is one of the best books I have read on work-life balance. From the moment I opened the book I felt that I was in the presence of someone who simply ‘got me’. Sacha has a wonderful talent for understanding what makes us human, not just through research and theory but by adding her own personal and professional life experiences into the mix. Her book is a beautiful blend of wisdom, psychology, case studies and helpful exercises; altogether providing a timeless, valuable package that one can revisit anytime, when needed. Thank you Sacha for this precious gift.”