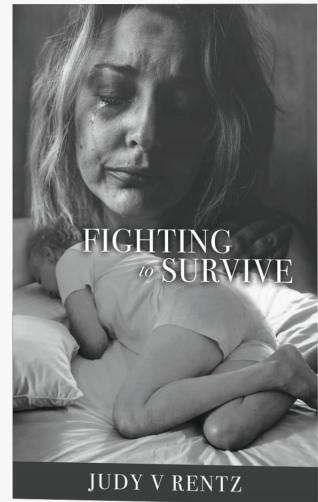


## JUDY RENTZ: THERE IS MORE TO LIFE

*Judy Rentz sheds light to readers around the globe about healing from within in her book, [Fighting to Survive](#).*

TORONTO, ONTARIO, CANADA, May 3, 2023 /EINPresswire.com/ -- There is more to living a fulfilling life than just enduring suffering. Being truly alive and experiencing each moment to the fullest without regret may involve cultivating a positive outlook and finding ways to engage in activities that bring joy, purpose, and meaning to one's life such as practicing gratitude, maintaining good relationships, being present and mindful, setting goals, and engaging in hobbies and interests that bring happiness.



Fighting to Survive: The Suicide Disease

Author Judy V. Rentz has experienced chronic pain for a significant period of time. She writes about her struggles with trying to find help from multiple doctors and feeling that no one truly understands or can provide compassion for her condition. She ultimately found relief from her pain, which she attributes to a higher power. She is sharing her experience in the hope that others who are suffering from similar chronic pain may be able to find relief as well.

Intending to assist others who are going through similar struggles, she has written a book called "[Fighting to Survive](#)." Through sharing her journey of healing, she hopes to inspire and guide others to alleviate their suffering by recognizing the power of inner healing.

Fighting to Survive is now available for purchase in Kindle and Paperback formats on [Amazon](#), as well as on Barnes & Noble, GoodReads, Better World Books, and other online bookstores around the world.

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