

Dee Shaffer Reveals "1000%" - A Guiding Light for Athletes Facing the Storm Within

The book shines a light on the dark, unspoken reality of athletic defeat that is not just a loss of a game, but a battle with one's own spirit.

KANSAS CITY, MISSOURI, UNITED STATES, January 6, 2024 /EINPresswire.com/ -- With a deep understanding of the athlete's spirit, [Dee Shaffer](#), a seasoned author with a passion for healing through spiritual wisdom, is pleased to announce the unveiling of her latest book, [1000%](#). This ground-breaking work addresses the hidden turmoil in the world of competitive sports - a topic often shrouded in silence.

In 1000%, Shaffer explores the transformation of sports from a platform of talent expression to a whirlwind of internal defeat and stress. The book offers a candid look at the funnel cloud of pressures that high school and college-level athletes face, escalating into a force as destructive as an F-5 tornado. With her latest publication, Shaffer seeks to acknowledge and validate the concealed battles with defeat, fear, and mental health issues that athletes often must endure.

At its very core, 1000% stands as a testament to the unwavering spirit that resides in every athlete, aiming to dismantle the brilliance and opportunity that sports can overshadow. Shaffer reconstructs the athlete's life, exposing the forces that contribute to their sense of defeat and leading them on a journey towards understanding their fears, their purpose, and how to overcome the challenges that they face.

According to Dee, 1000% is a beacon for any athlete who has felt the sting of these challenges, providing a powerful revelation of their purpose and offering a path to understanding how to navigate through these adversities.

"In the demanding world of sports, where the spirit of the athlete is often tested, 1000% emerges as a testament to the indomitable human spirit," Dee states. "It is my deepest hope that this book serves as an anchor for those adrift in the sea of competition and a map leading them to the victory that belongs to each of them."

Dee Shaffer's collection of published works spans over a dozen titles in various genres, all infused with a spiritual message intended to reach those who are suffering. With 1000%, she continues this mission, focusing on helping athletes find their voice, claim their spirit, and seize the victory that is rightfully theirs.

1000% has already garnered high praise from respected figures in the athletic community. "Playing your sport is what you do, not who you are. Dee Shaffer's book, 1000% can help you get off the emotional roller coaster that high-level sports can be and restore the joy of competition," says Walt Day, Director of Athletes in Action Pro Sports Ministry for New England, former Chaplain for the New England Patriots (1993-2006), and Baseball Chapel Leader for the Boston Red Sox (1995-2008).

For further information, to arrange an interview, or to purchase a copy of 1000%, please visit <https://deeshaffer.com/>. The book will be released on January 15th, 2024 and is available to pre-order now on Amazon, Barnes & Noble, & Lulu.

About Dee Shaffer

Dee Shaffer was born in England on a military base and then moved to the United States as a young girl. She struggled academically throughout primary and secondary school, as a result of many early challenges she experienced, but demonstrated success in athletics and eventually went on to play three sports in college.

Dee's life took her through many experiences that offered both significant reward and profound tragedy. Within the depths of these challenges, she ultimately surrendered her life to God, which helped her develop genuine trust and faith in Him. As God navigated her out of these tragedies, life began to look different for Dee and she was then able to recognize her purpose more clearly.

Dee is not afraid to express dark realities in her writing as she understands that life is and can be deeply challenging. Her publications touch in the fiction, non-fiction, and children's genres and, although imperfect, her life is a reflection of the incredible grace, mercy, and guidance of the Lord.

When she is not writing, Dee is a healthcare executive and is a licensed practitioner in two states. Her life and work revolve around helping vulnerable individuals – well beyond her writing.

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