

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a VoiceAmerica Member for Free!



## Reclaim Your Freedom

### Archives Available

May 16th 2017:4 Coping Skills for Dealing with Stress and Anxiety

Are you feeling stressed, anxious or overwhelmed? Join us this week as Spiritual Healer, Coach and Clinical Hypnotist, Stephanie Dalfonzo shares 4 Coping Skills for Dealing with Stress and Anxiety. Not only will you have tools you can use, Stephanie also explains the difference between mindfulness and meditation and what you can do if you suffer from Imposter Syndrome.

## Tune in

Archives Available on VoiceAmerica Business Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)



## Featured Guest



### Stephanie Dalfonzo

Stephanie's first career was as "Stevie Knox," one of South Florida's most popular radio DJs during the 80s and early 90s. Shifting careers as she raised her children, she delved into the Healing Arts. Over 20 years later, Stephanie is now a Speaker, Spiritual Healer and Coach, Yoga Teacher and Certified Hypnotist (among other things). Sharing inspirational empowerment with simple action steps. Stephanie empowers women to move from anxiety, fear, stress and despair to freedom, peace of mind and joy in their lives. She has freed thousands of people, from 8 to 82, from their fears, stress and anxiety.

[Read more](#)

## Share This Episode



## Connect with VoiceAmerica

Download our mobile apps

