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Finding Certainty
Fridays at 9 AM Pacific
January 20th 2023: Reduce Your Stress, Pain, and Roadblocks, with Sara Nakamura

As we embark on this New Year, most of us feel the usual combination of hope and hyperventilation, faith and foreboding, love and loneliness, and everything in-between. It's different for all of us but there are certainly themes that most of us experience and with which we can usually relate ... and stress seems to be in the mix for us all. The holidays and all their craziness are past us and a Brand New Year has dawned. Many of us pause, even just for a moment and ask, "How can THIS year be better than the LAST in a few big or small ways." Today's guest on Finding Certainty, Sara Nakamura, ca

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Featured Guest



Sara Nakamura

Sara is a well-being consultant, a board-certified therapeutic massage and bodywork therapist, StressXpert, international speaker, and an Amazon best-selling author. She is the co-founder of Inspired Mind 360, inspiring others to Stress Less and Achieve More Success, providing her clients with stress relief solutions made simple. Sara is the Amazon best-selling author of "Stressed Out and Don't Know What to Do? 2-minute techniques to Stress-Less When You're Exhausted, Overwhelmed and Burnt-Out."

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