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January 23rd 2013: My Wild Ride to Finding Flow

This week I sneak preview my upcoming book being released by Hay House/Balboa Press in Spring 2013. A Near Death Experience at birth was the perfect initiation for the 55-year roller coaster of triumph and burn out that followed. My book shares how that wild ride led to finding my life purpose more than 5 decades later. It's a story of Hope and it could be your story as well. Feel the power of loving yourself unconditionally through insights and tools based on my personal Journey, including a sustained 80-pound weight loss, freedom from depression and finding my purpose guiding others on

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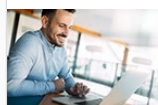
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