



Living an Inspired Life: 5 Areas for Your Mind, Body & Spirit to Achieve the Life You Dream

Kathryn Ryan

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This book is not meant to be read cover to cover in one sitting. This book is different. Some may choose to read one passage per day to inspire better habits; others may choose one per week or month to make it his or her focus of consciousness for a period of time, while still others will simply pick this up when they are feeling disheveled in a moment of weakness or simply need a few friendly words of understanding and guidance to put their thoughts back on a positive track.

Read the passages of this book for inspiration, for personal growth, for self-esteem, for motivation, and for the knowledge and understanding that you are MORE than what you may believe.

Thoughts are powerful. The thoughts you keep in the forefront of your mind will dictate the kind of life you will live. Get rid of negative thinking; get rid of the actions and daily habits that hold you back, begin believing in yourself again, and start living the life that you've always dreamed!

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