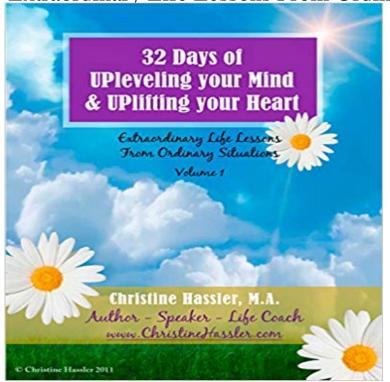
32 Days of UPleveling your Mind and UPlifting your Heart: Extraordinary Life Lessons From Ordinary Situations



A collection of 32 daily doses of radical self-reflection with practical direction. Each inspired by people, situations or aha moments that offer or remind you of valuable life lessons. This ebook is for you! Im excited to share this 32-day collection of stories and lessons with you. My intention is for it to be a catalyst for a daily UPleveling of your mind and UPliftment of your heart.

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