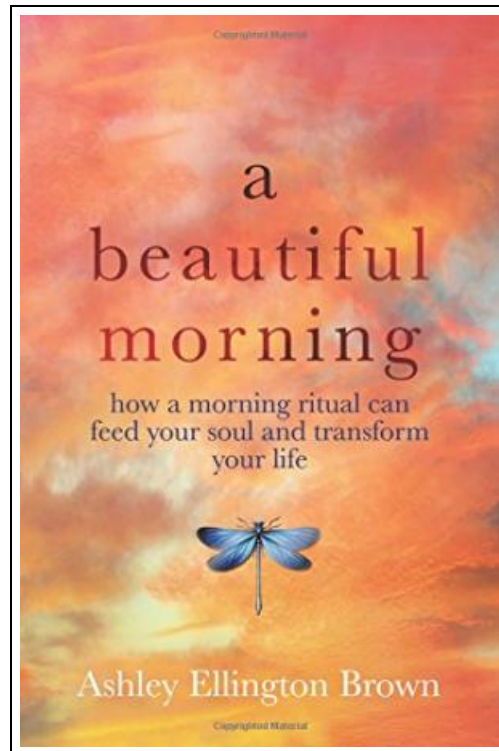


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Leo Press, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You deserve a life you love. A Beautiful Morning can help you create it. Discover the power of a morning ritual to transform your day--and your life. How you start each day affects the quality of your day, and therefore your life. Being mindful in the morning centers and energizes you, helping you live with purpose, serenity, and joy. A morning ritual inspires personal transformation by providing space to connect with yourself, discover what you truly want, and visualize how to achieve it. A Beautiful Morning is filled with insights, ideas, and an abundance of resources you can use right away. It will encourage and support you in creating a daily practice that easily fits your current life and guides you toward increased happiness and fulfillment. Implementing a morning ritual changed Ashley Ellington Brown s life, inspiring her to write about this powerful practice so others can benefit. She interviewed more than twenty women who are living their dreams, including best-selling author and life coach Martha Beck wellness advocate, entrepreneur, producer, author, and wife of Spike Lee Tonya Lewis Lee master healer Sonia Sommer painter, author, and creativity coach Tracy Verdugo great-great-granddaughter of Frances Hodgson Burnett and writer Keri Wilt horse whisperer and Equus Coach Koelle Simpson These women describe their individual morning routines and offer suggestions on creating yours. Learn from them how a personally meaningful morning ritual can Provide space for clarity and inspiration Refresh and restore you Enhance your relationships Empower you to be your best self Enable you to steer your life with purpose toward a clear vision of what you want A Beautiful Morning is about increasing your ability to be, not your ability to do. Productivity is...

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