

A JOURNEY WITHIN: SELF-DISCOVERY FOR WOMEN

Twenty five consultants, professional coaches and seminar leaders provide powerful tips involving self-acceptance, handling stress, and creating a joyful life.



**The Stress of Life ~ Living a Joyful Life ~ Creating Inner Peace
Living Your Dreams & Vision ~ Overcoming the Need to Control
Healing a Broken Heart ~ Self-Inventory: Who are You? ~ Self-Love**

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