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WHEN YOU'RE READY is the book I wanted to read as I spent years searching bookstore shelves for answers. After reading so many self-help books, I decided I wanted to write a book about what it is really like to change your life. I began keeping a journal, and two years later, When You're Ready was born, and so was my career as a Lifestyle Coach. WHEN YOU'RE READY can mean many different things. It can be about second chances, living your dreams, finding new love, feeing sexy again, making money and starting over. However, the common denominator is getting back your confidence. It's about being so comfortable in your own skin that you start shedding layers of fear, self-doubt, and negativity and start magnetizing your "dream life" Life can be challenging, but it can also be an incredible journey. I found my passion, I live my truth, I feel and look better than ever-and so can you.

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