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EMPOWERMENT



Starstyle®-Be the Star You Are!®
Wednesday at 4 PM Pacific
**January 9th 2019: Success Secrets, Lydia
Singers New Hit, Anxiety Relief, Telling**

Do you know how to turn your dreams and goals into reality? It's time to clean the cerebral clutter and tap into a mindful way of being. Cynthia Brian will bring you strategies by top successpers and help you recall your roots. Between segments, Cynthia Brian introduces the American debut of English Popstar, Lydia Singer's newest release, Never Said! Get ready to fall in love. with this teen's voice. www.lydiasinger.com Anxiety threatens our peace of mind spontaneity, enjoyment, and health. It can interfere with relationships and work experiences. Learn to manage and overcome anxie

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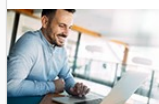
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