



**Dropping In**  
**Friday at 8 AM Pacific**  
**April 16th 2021: 365 Days Intentional Living & Relationship Goals! Celeste Viciere**

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VoiceAmerica Variety Channel

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What is the purpose of the guided journal? 365 Days of Intentional Living will teach you how to live with intention and purpose. Each day will present you with a statement or question to be contemplated and answered. Halfway through the journal, you will be presented with these questions once again in order to see how your thoughts have changed through the journaling process. Why should anyone buy this journal? In order to remain healthy and whole in life, it is important for us to remain conscious of how we are affected by life's circumstances. All of our actions are shaped by how we feel, and

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#### Featured Guest



##### Celeste Viciere

Celeste Viciere also known as Celeste The Therapist is a renowned therapist, mental health advocate, best-selling author, and podcast host. She is frequently quoted by the media as a mental health expert, including The Washington Post, NBC News, VICE, Healthline, Bustle, and has appeared on TV One and Fox Soul TV. Celeste has been in the mental health field for almost 20 years and believes in the power of living a conscious life. She has dedicated her personal and professional endeavors to breaking the stigma surrounding mental and emotional health, especially in communities of color. Celeste has been in private practice since 2015 and currently conducts her practice online full time. She al

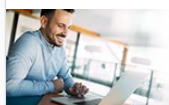
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