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EMPOWERMENT



Starstyle®-Be the Star You Are!®

Wednesday at 4 PM Pacific

**February 8th 2017: Show the Love, Home
Recharge, Success from Stress**

Valentine's is fast approaching and it's time to put on the amour. Before you can share the love, you have to love yourself. How do you do that? Join Cynthia Brian on her Cupid Tour de Force with a fun look at a fishy romantic attachment. We used to want to go out every night, but the new trend, especially with Millennials is to stay home to recharge. We'll talk with our guest about nesting to socialize. You are brave, strong, and resilient but are you good at managing stress? We need to shift our perspective from being nervous and anxious to being calm and collected. Cynthia Brian hel

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