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**Express Yourself!**  
Sunday at 3 PM Pacific  
**August 4th 2019: Gentleness with Dallas Woodburn**

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Are you hard yourself? Does that little voice inside your head scream at you? It's time to take a breath and be gentle with yourself. Host Brigitte Jia reads the chapter, The Gift of Gentleness by Dallas Woodburn from the book Be the Star You Are! Millennials to Boomers Celebrating Gifts of Positive Voices in a Changing Digital World followed by an interview with the author, writing coach, and new mom herself, Dallas Woodburn. As a "Book Doula" and founder of the 90-Day Book Breakthrough Program, Dallas offers many concrete suggestions for young writers on how to put pen to paper while being k

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### Featured Guest



#### Dallas Woodburn

Dallas Woodburn is a renowned author, editor, speaker, and in-demand writing teacher. She is the recipient of the national Congressional Award Gold Medal, the national Jefferson Award for Community Service, and the international Glass Woman Prize. A passionate champion of young writers, she founded Write On! Books in 2011. Dallas wrote The Gift of Gentleness for Be the Star You Are! Millennials to Boomers Celebrating Gifts of Positive Voices in a Changing Digital World. She is the author of the award winning book Woman, Running Late, in a Dress and the forthcoming The Best Week That Never Happened as well as being a devoted wife and new mom and book doula, helping people write the books tha

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