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EMPOWERMENT

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### Love Light

Friday at 9 AM Pacific

February 14th 2020: Building Resilience Through Self-Love

Let your love light shine in the midst of the most challenging situations. Bounce back from adversity quicker and stronger by connecting to your source of power and treating yourself with compassion and loving-kindness. Indulge in the wisdom of our Guest, Meena Menezes, who will show us how to overcome life challenges and become more resilient. She will inspire, motivate and encourage us to believe in ourselves, draw on inner strength, never give up, and make our dreams a reality. Meena's upcoming book, "Life is Beautiful" is filled with inspirational thoughts on life, love, relationships a

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### Featured Guest



#### Meena Menezes

Meena Menezes had the courage to give up a full time job to follow her dream and indulge in her passion for writing. She worked as a journalist in the Middle East and freelance writer. You will find her powerful messages of wisdom, motivation and encouragement, daily on blogs in the social media network, "Meena's Thought of the Day."

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