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Love Light
Friday at 9 AM Pacific
August 27th 2021: Share Your Story: It Heals

Did you know that sharing your story has tremendous healing power? Not only does it help you emotionally and physically, but your listener will also derive benefits and often more than you could imagine! In this episode, Guest Dede Lyons, Empowerment Coach, will share her tender personal story and how she emotionally healed herself and others by telling it over and over again. She discovered by openly speaking about her hurt and shameful feelings, in her Feel Good Express classes, she felt herself being freed up from the burden she had been carrying for years. Expressing her vulnerable feeling

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Featured Guest



Dede Lyons

"Live From The Heart" Dede Lyons, Empowerment Coach, Founder of the Feel Good Express lifestyle program, Author, Speaker, and Angel Guide is 65+ years young. At age 62 years young Dede stepped away from her successful 32-year career in broadcast sales and management and began on her Feel Good Express path, relaying she was in "rebootment" not in retirement. She wrote her first book, "The Joy of Tweeting" and today writes magazine articles, leads seminars, workshops and her private coaching practice. She empowers clients through practical Mind, Body, & Spirit tools to attract abundance in romance, finance, health & spirituality. Her 33 year loving marriage to her soulmate, her self-love jou

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