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### Gentle Power Radio Archives Available

Nancy Gentle Boudrie will teach you to learn how to master your thoughts and live in awareness. Learn how to be the master of your thoughts, emotions, and state of being through the practice of being comfortable in the stillness of your inner power. This show will support you in cultivating a practice of responding with mindfulness throughout your day as opposed to reacting. Understand that you hold the power to choose how you show up throughout your day and by learning how to connect to your inner power you can manifest a better life. Shows will also include guest speakers and meditations whi

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