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February 05th 2013: Who's life are you living?... Time for you to take charge?

Do you live your life based on what other people think and say and do ... or might think or say or do? Or, do you live your life based on choices that actually work for you and are fun and exciting and joyful? What happens to your body when you live your life for somebody else? Do you find yourself exhausted ... stopped in your tracks ... needing to compete ... excluding others ... trying to control everything? Join us as we talk about choice and the magic that can show up when we no longer take on and hold onto everyone else's reality.



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