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**September 16th 2013: Reclaiming Strength and Power with  
special guest Destiny Cochran**

Gil is joined by team member Lisa Marcia Morris every 3rd Monday of the month at 1:00PM/EST. Join Lisa for conversations about strength, success, and the sport of living life to its fullest!



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### Featured Guest



#### Lisa Marcia Morris

Author, poetic storyteller and artist, Lisa Marcia Morris works in public broadcasting. The children in her family inspired her to live in the moment, seize the power of TODAY at any age, and share her children's stories with the world.

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