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### PURE Talk Radio Archives Available

**October 01st 2013: Today I Promise Myself**

A declaration of intention and a commitment to follow through; a promise is a promise. If you are like most people, you make commitments to others all the time. It is the basis of trust, honesty and integrity. Making promises to yourself and keeping them are good for you and they send a powerful message that you are important too! A daily declaration can create well-being and happiness. Bonnie Wirth and Sarah Lynn Kennedy are switching roles on PURE Talk Radio to bring to you an up close and personal interview with the host herself! Learn the foundations that Bonnie has established that are

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#### Sarah Lynn Kennedy

To learn more about Sarah Lynn Kennedy, visit her website at [www.SarahLynnKennedy.com](http://www.SarahLynnKennedy.com) or connect with her on Facebook at [www.facebook.com/SarahLynnKennedy](http://www.facebook.com/SarahLynnKennedy)

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#### Bonnie Wirth

Bonnie Wirth, B. Msc. Universal Empowerment Facilitator has supported and guided thousands of people to overcome obstacles and create a life of happiness, abundance, and purpose.

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