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Communicating from the Heart: The Empowered Mother Daughter Relationship Archives Available

October 28th 2014: You Can Have The Relationship You Desire!

One big lie that we tend to tell ourselves is that people can't change. And while it may be true that you can't change other people, the ultimate truth is that you can change yourself. And in changing yourself, growing into a greater acceptance and love for yourself, you automatically become more loving and accepting of those around you. You can have the relationship that you desire - with your mother, your daughter, you son, your dad, your friends. Join us and start your journey to your ideal relationship today!

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