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Create Your Inspired Life After 40 Archives Available

June 29th 2015: What do creativity and courage have to do with an inspired life?

Creativity and courage. Two separate and yet interconnected concepts that we need to cultivate in our lives if we want to achieve the success, fulfillment and happiness that we all crave. We are going to explore how creativity can show up in our lives and how to stop that limiting belief that says "I am NOT a creative person", because we all are in our own way! Being courageous can be supported by creativity and our guest Lynda Monk is going to help us understand how to integrate both ideas into our daily lives and harness our creativity to support our need for courage to show up fully in our

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Featured Guest



Lynda Monk

Lynda Monk, MSW, RSW, CPCC is a Writing for Wellness Coach, Speaker and Bestselling Author. She is the co-author of *Writing Alone Together: Journalling in a Circle of Women for Creativity, Compassion and Connection*, as well as the international bestseller *Choosing Happiness: Inspiration for a Woman's Soul*. As founder of Creative Wellness, Lynda offers workshops, coaching programs, retreats and products that inspire women to engage in the transformational power of creativity and expressive writing for self-care, clarity and personal growth. Get your free copy of her *Writing for Wellness Getting Started Guide* at <http://creativew>

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