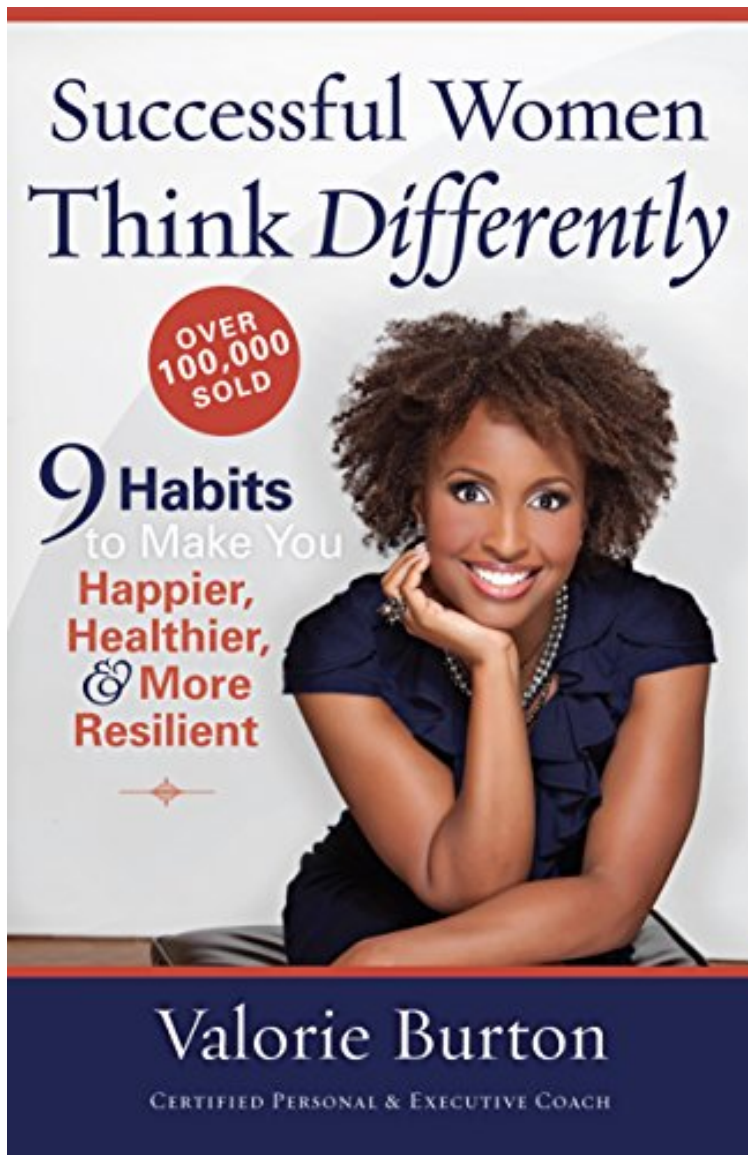


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discover how to: focus on solutions, not problems choose courage over fear nurture intentional relationship take consistent action in the direction of their dreams build the muscle of self-control In this powerful and practical guide, Valorie provides a woman with insight into who she really is and gives her the tools, knowledge, and understanding to succeed.