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Cell phones, faxes, email, internet, instant messages, voice mail, deadlines, traffic...

When life gets filled with these *distractions*, it's nice to be able to sit quietly and ponder.

Only have a minute to relax?
Think It, Do It![®]
YOU have the Power fits into your purse or pocket just as well as it fits into your busy schedule.



Dr. Nina Craft, Ph.D., M.B.A.
Author
www.NinaCraft.com

The perfect gift book for all.

This book of 52 life lessons is full of affirmations and inspirational wow's (words of wisdom) for the busy woman on the go. Perfect for the woman who wants a simple gift to share with a co-worker or girlfriend on the mend. Ideal for the woman who wants a personal pick me up to start her day or who likes to mellow-out her coffee break.

I've purchased several copies at once to inspire my girlfriends and motivate my business associates. This book delivers powerful messages that move people to action.

Monica A. Perez, Certified Financial Planner

For the graduating senior who is exploring new territory, this is wonderful way to bridge the generation gap. These powerful topics provide fuel for interactive discussion of life lessons.

I love it! This was so inspiring. I felt you were speaking directly to ME. You made me realize that life is a process and no one is perfect. Thanks Dr. Neen!
High School Senior

For the transitioning mind, this inspirational book provides ideas to ponder in depth. It brings clarity and quiet contentment as solutions to challenges are revealed to the seeker.

This book is a wonderful source of clarity reminding us to look inside first as we begin to explore life's important questions/challenges.

Charles Davis, Artist

This inspirational mini guide-book:

- Provides in-depth thoughts about 52 life-lessons for contemplation and discussion
- Contains 52 uplifting affirmations which are easy to read, even after an exhausting day
- Includes a personalization page for gift givers
- Guides you with a daily activities chart
- Makes inspiration easy to find with a page-numbered, alphabetized table of contents
- Is simple, yet motivating - even 6th graders are eager to discuss their interpretation of the words

ISBN 09652087-5-3, \$15.00, 120 pp. Also available in Spanish.
Community sponsored copies are donated to domestic abuse shelters.

VisionFocus Publishing P.O. Box 611 Hermosa Beach, CA 90254

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