



The Little Inspiration Book: Ideas to Empower Women

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The Little Inspiration Book: Ideas to Empower Women began as little notes and quotes in DEB's journals. DEB's quest for adventure and self-discovery led her to write down ideas and thoughts as she backpacked through British Columbia, cycle toured alone through Iceland, and sailed from Canada to Mexico. As she traveled, she wrote about what gave her hope during difficult times, what motivated her, and how she was able to live her dreams. These ideas and her personal stories and photographs are here to inspire and encourage you.

Inside The Little Inspiration Book you will find ideas to teach and motivate you how to add positive change and growth into your life. Here's a sample of some of the chapters and ideas you'll find.

Rejuvenate...Move your Body, Schedule a Sacred Day, Spent Time in Nature, Beautify Your Surroundings, and Live Like a Cat - Relax!

Consider This... Stop Worrying, Don't Give Up, and Be Yourself - Be Confident!

Try This! Play with Kids, Design Your Life, Write a Journal, Start a Project, and Get Rid of Something.

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People live in this new morning of lifestyle always attempt to and must have the time or they will get large amount of stress from both everyday life and work. So , once we ask do people have free time, we will say absolutely without a doubt. People is human not really a huge robot. Then we ask again, what kind of activity have you got when the spare time coming to you actually of course your answer may unlimited right. Then do you ever try this one, reading books. It can be your alternative inside spending your spare time, the actual book you have read is definitely The Little Inspiration Book: Ideas to Empower Women.

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