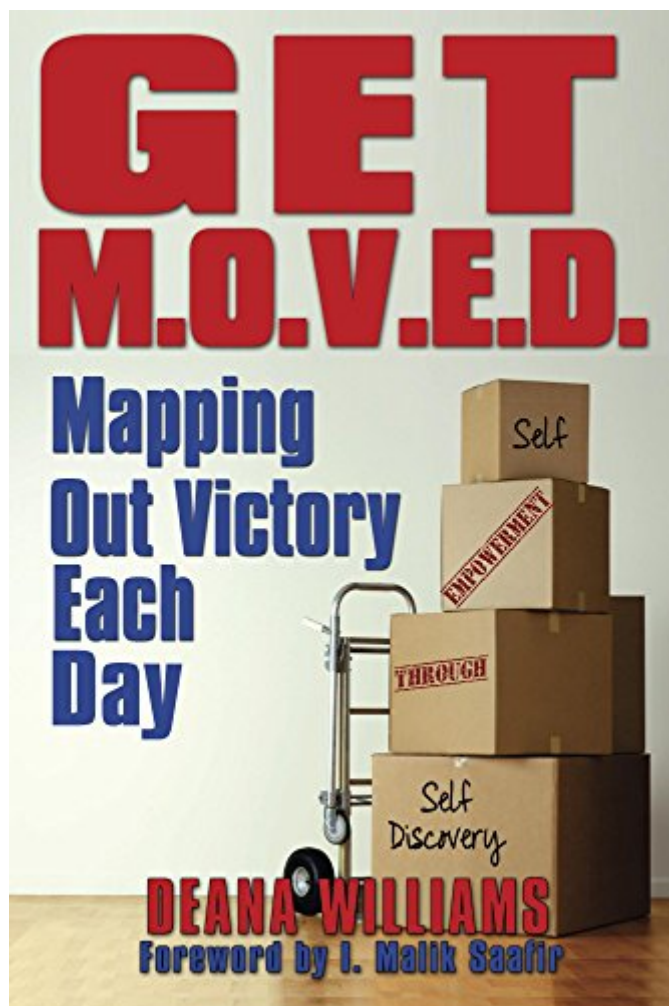




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Synopsis

Why this book? Why now? Why me? I am glad you asked! If things are bad let's make them better! If things are good, let's make them great! This book is for you! Personally, professionally, individually or collectively, it's time to Get M.O.V.E.D., the time of your Shift is at hand! Instead, of waiting on life to change, Deana has written this book to serve as a catapult to evoke change not only your life but in you; inside out. Deana wants you to change your words, mind, ways and your life starting now! That's right, instead of giving you quick fixes, Deana will challenge you to commit to changing your life one day and one lesson at a time. For the next twelve weeks, you will be given daily exercises and activities that will help you to remember, laugh, cry, forgive, heal, and begin to live! Get M.O.V.E.D. will provide the blueprint but you will be required to do the work. There are no shortcuts or life lines, instead you will be given tools that will engage, educate, equip, and empower you! No matter the problem, no matter the situation or circumstances, you will overcome and learn to walk in your divine purpose! No more existing, you will begin to intentionally love and consciously live! The gift of self-empowerment through self-discovery is here, so what are you waiting on? Let's Get M.O.V.E.D.!

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