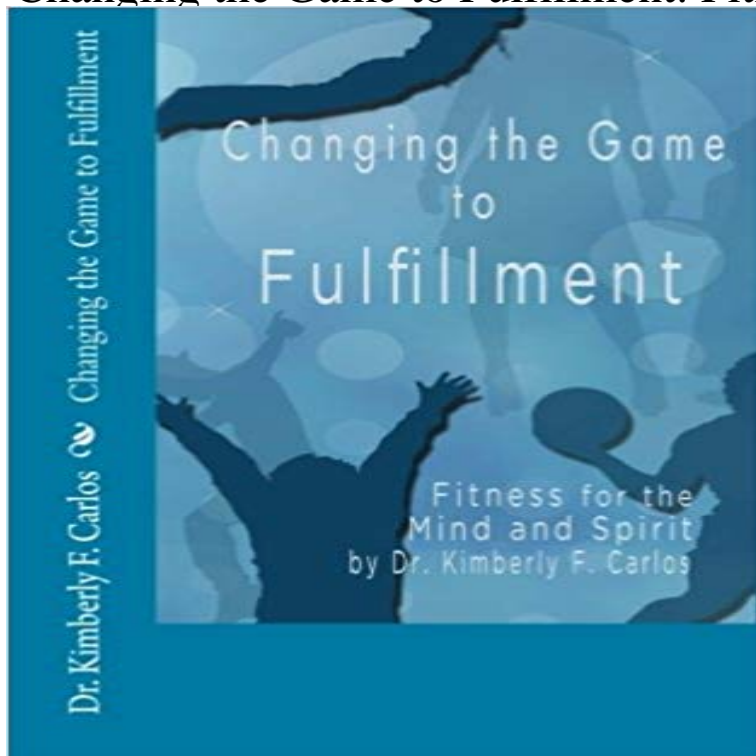


Changing the Game to Fulfillment: Fitness for the Mind and Spirit



This book is designed to help you find the power within you to empower yourself to find fulfillment in life. It begins with using words to create your world. This book takes you through scenarios, affirmations to help you understand how to distinguish destructive talk and reconstruct your words.

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