

BUILD UNSHAKABLE EMOTIONAL RESILIENCE  
AND RECLAIM YOUR LIFE IN JUST 30 DAYS

# OVERCOMING TRAUMA



YOUR COMPREHENSIVE GUIDE TO DEEP SELF  
COMPASSION AND EFFECTIVE EMPOWERMENT

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**PHOENIX REED**

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# FINDING YOUR POWER

The 9-Step Guide to HEALING  
from Toxic or NARCISSISTIC  
RELATIONSHIPS



# THROUGH Trauma

HEATHER HART

# FINDING YOUR POWER THROUGH Trauma

The 9-Step Guide to HEALING  
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RELATIONSHIPS

HEATHER HART

THE ULTIMATE GUIDE TO PERSONAL  
FINANCE FOR TEENS AND YOUNG ADULTS

# SMART MONEY

MASTER  
PRACTICAL  
MONEY SKILLS,  
AVOID PITFALLS  
AND FORGE  
LIFELONG WEALTH



FORTUNE FORERUNNER

# RELEASE YOURSELF

UNLEASHING YOUR WARRIOR WOMAN



GARCIA HANSON-FRANCIS

ON-FRANCIS

HEATHER HART

The 9-Step Guide to HEALING from Toxic or NARCISSISTIC RELATIONSHIPS

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*Trauma*

HEATHER HART



## RELEASE YOURSELF

Discover how to overcome obstacles, embrace resilience, and cultivate a mindset that empowers you to conquer challenges. Through inspiring stories, practical exercises, and powerful techniques, you'll unlock the hidden potential within you and gain the confidence to pursue your dreams fearlessly.

Whether you're seeking to advance in your career, improve relationships, or reignite your passion for life, this book offers the tools and guidance to ignite the fire within and create lasting positive change.



### Garcia Hanson-Francis

Meet Garcia, a dynamic entrepreneur, and a shining example of empowerment in action. As the founder of a successful payroll and accounting firm, she has built a thriving business while also dedicating herself to empowering immigrants as being a Founding member of the 'Immigrant Women in Business' community.

Originally an immigrant herself, Garcia understands the challenges faced by newcomers to a foreign land. Harnessing her own experiences, she is a founding member of the Immigrant Women in Business Group, a community that empowers and supports immigrant women in their professional endeavors. Through this group, Garcia provides mentorship, resources, and networking opportunities to help these talented women succeed in their chosen fields.

Beyond her advocacy and community work, Garcia is a true expert in her domain. She is the winner of the Waterfront People's Choice Philanthropy Award. With a wealth of knowledge as a Payroll Leadership Professional, she ensures that her clients' financial matters are handled with precision and care. Her firm has earned a reputation for reliability and excellence, and she is sought after for her expertise in navigating the complexities of payroll and accounting.

Garcia's passion for learning and growth is evident in her educational background. She holds a marketing diploma, which adds a creative and strategic dimension to her business approach. Always seeking to stay ahead in her industry, Garcia continually hones her skills and adapts to the evolving landscape of finance and entrepreneurship.

As a mother, Garcia knows the value of balancing personal and professional life. Her dedication to her family is mirrored in her love for Christ, which serves as a guiding light in both her business and personal endeavors.



ISBN 817525766-0



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RELEASE YOURSELF



GARCIA HANSON-FRANCIS

# RELEASE YOURSELF

UNLEASHING  
YOUR WARRIOR WOMAN



GARCIA HANSON-FRANCIS





# THE POWER LIFE

SCOTT NAPLES

THE POWER LIFE  SCOTT NAPLES

## THE POWER LIFE



The Power Life shows the fundamental principles that enable us to become the power of our thoughts, thereby shaping our world. By understanding our mind, body, and soul, we can become the most powerful and successful person we can be. This is the power of the mind, the power of the body, and the power of the soul. The author explains how to use these principles to create a life of success and happiness.



There are three main books in this series: The Power Life, The Power Life: The Mind, and The Power Life: The Body. This book is the first in the series and is the most important.

The author explains how to use these principles to create a life of success and happiness. He shows how to use the mind, the body, and the soul to create a life of success and happiness.

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 [www.istock.com/author/scott-naples](https://www.istock.com/author/scott-naples)



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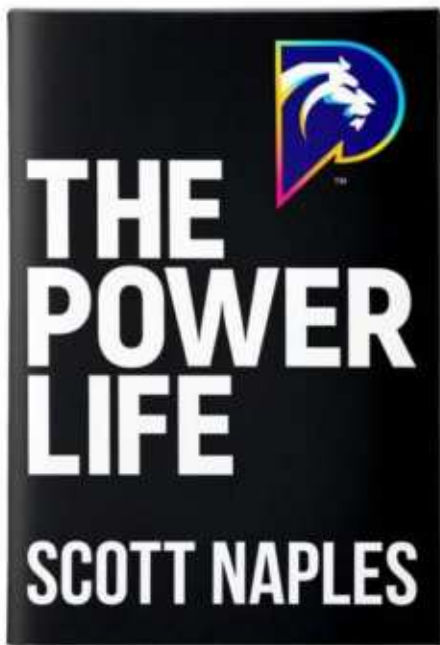
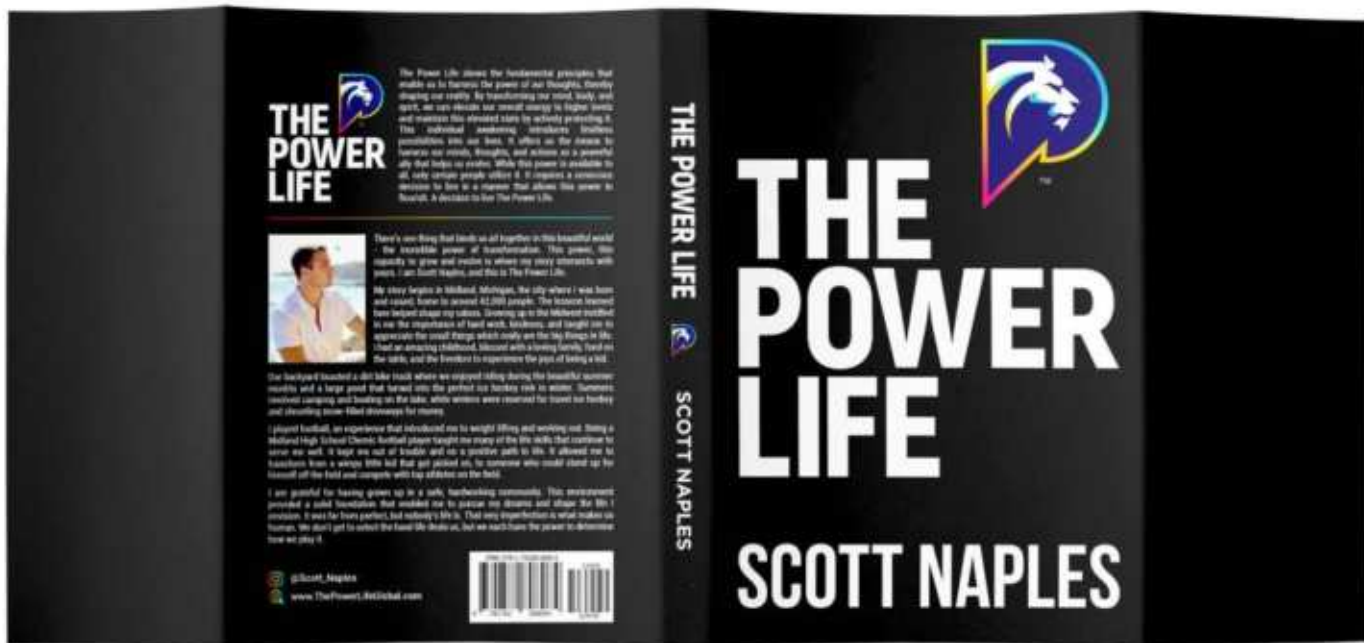
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## About Scott Naples

Here's one thing that binds us all together in this beautiful world - the incredible power of transformation. This power, this capacity to grow and evolve is where my story intersects with yours. I am Scott Naples, and this is The Power Life.

My story begins in Midland, Michigan, the city where I was born and raised, home to around 42,000 people. The lessons learned here helped shape my values. Growing up in the Midwest instilled in me the importance of hard work, kindness, and taught me to appreciate the small things which really are the big things in life. I had an amazing childhood, blessed with a loving family, food on the table, and the freedom to experience the joys of being a kid.

Our backyard boasted a dirt bike track where we enjoyed riding during the beautiful summer months and a large pond that turned into the perfect ice hockey rink in winter. Summers involved camping and boating on the lake, while winters were

reserved for travel ice hockey and shoveling snow (with driveways for rooms).

I played football, an experience that introduced me to weight lifting and working out. Being a Midland High School Chess football player taught me many of the life skills that continue to serve me well. It kept me out of trouble and on a positive path in life. It allowed me to transform from a winny little kid that got picked on, to someone who could stand up for himself off the field and compete with top athletes on the field.

I am grateful for having grown up in a safe, hardworking community. This environment provided a solid foundation that enabled me to pursue my dreams and shape the life I envision. It was far from perfect, but nobody's life is. That very imperfection is what makes us human. We don't get to select the hand life deals us, but we each have the power to determine how we play it.

The Power Life shows the fundamental principles that enable us to harness the power of our thoughts, thereby shaping our reality. By transforming our mind, body, and spirit, we can elevate our overall energy to higher levels and maintain this elevated state by actively protecting it. This individual awakening introduces limitless possibilities into our lives, it offers us the means to harness our minds, thoughts, and actions as a powerful ally that helps us evolve. While this power is available to all, only certain people utilize it. It requires a conscious decision to live in a manner that allows this power to flourish. A decision to live The Power Life.

- Instagram: Scott\_Naples
- Snapchat: Scott\_Naples
- Twitter: Scott\_Naples



[www.ThePowerLifeGlobal.com](http://www.ThePowerLifeGlobal.com)



# THE POWER LIFE

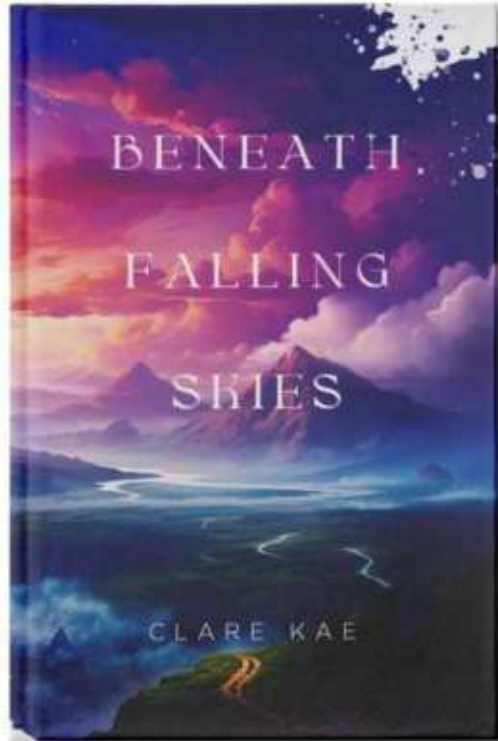


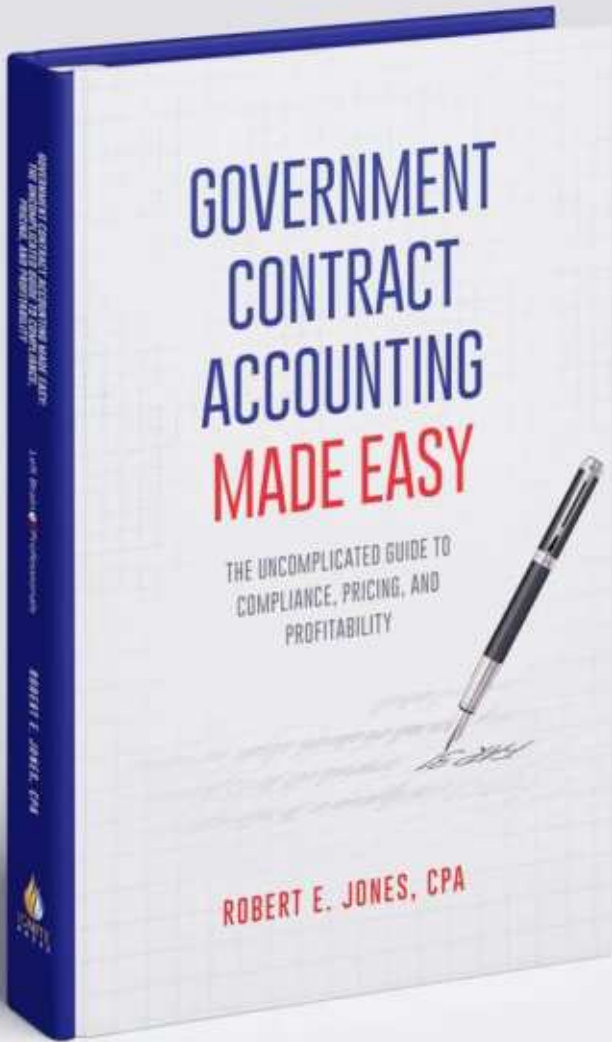
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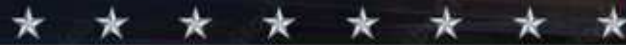




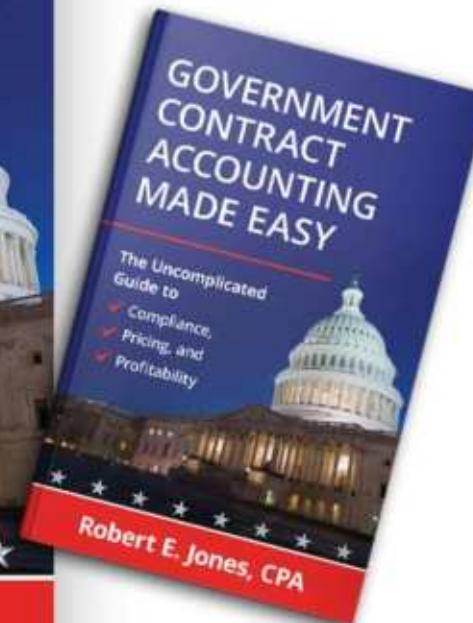
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- ✓ Profitability



**Robert E. Jones, CPA**



LARS VEGAS



— IT'S ALL —  
**IMAGINED**

REFRAME YOUR REALITY TO  
EVOLVE YOUR EXISTENCE



STRONG ◦ CALM ◦ FREE

LETTING GO, GRIEVING BETRAYAL, AND  
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**CHASE ANDREWS**



# IT'S ALL IMAGINED

"It's All Imagined—Reframe your Reality to Evolve your Existence" is a guide to personal growth and evolution. The book takes a big step back from the conventions and self-limiting narratives of society that negatively impact people's lives. What makes us unhealthy and unhappy is mostly driven by our mindsets and understanding of the world around us. "It's All Imagined" reframes how to think about health, happiness, and wealth.

- Uncover the latent potential within you and learn how to harness it for personal and collective growth.
- Discover how your reality is shaped by your perspectives and choices and how to adopt more beneficial viewpoints.
- Enhance the pillars of your existence—health, wealth, and happiness—with practical, science-based advice.
- Learn how to make your own choices for a healthier, happier life.

LARS VEGAS

The author, Lars Vegas, brings a wealth of experience from his diverse career in law, strategy consulting, and leadership in a global corporation. Now a private equity investor working with healthcare and engineering companies, his broad range of professional experiences and practical perspectives make "It's All Imagined" a unique and transformative read.

REFRAME YOUR REALITY TO  
EVOLVE YOUR EXISTENCE



LARS VEGAS



# IT'S ALL IMAGINED

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**FOR THOSE ON A SMALL OR  
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