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Reclaim Your Dreams - A Workbook for Busy Women: The Practical Approach to Discover and Take Action on Your Bold, Meaningful Dreams

Paula Grieco

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“I cannot express in words how meaningful this has been... I’m so very grateful that you have created this process. I know this is a life-changing ‘pivot’ point for me!” -Technology Executive “I’m blown away…. I’m an avid reader and have devoured a gazillion self-help books over the years. Your work rings true.” -Stay-at-home Mom

When is the last time you set aside time to reflect on what you want your life to be about?

Reclaim Your Dreams provides you with the tools and a simple, elegant process to intentionally explore, identify, and take action on your boldest goals and desires using a real-life, practical approach that is doable within your busy life. It was developed from research and built upon the success of the Reclaim Your Dreams workshop series for busy women.

Through reflective, fun, and approachable Take 5 (5-15 minute) questions and exercises, you may {re}discover several dreams or become clear on one specific goal that you are ready to claim. By the end of the workbook, you will choose and take action on a meaningful dream.

Whether you feel that you have left a part of you behind, are in transition and ready for new goals, or are unsure of exactly what your dreams are, this workbook was written for you.

Thoughtfully considering and identifying bold dream(s) is often neglected in our busy lives. Yet, research shows that taking the time upfront to gain clarity on what you want your life to be about and what your goals are is powerful and life-changing.

Join other women who are creating extraordinary meaning and reclaiming their dreams and their lives. Those bold dreams buried deep within your heart are wondering what you are waiting for.

Join us at www.paulagrieco.com

#reclaimyourdreams #reclaimyourlife

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From reader reviews:

Alice Black:

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