



Reclaim Your Soul: Your Journey to Personal Empowerment

Cindy Trimm

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Take back your personal power!

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 1:2 NKJV)

Have you ever wondered...

If everyone wants to succeed, why do so few people become successful?

Can certain relationship patterns prevent me from stepping into my destiny?

Are there habits or behaviors in my life that keep me from fulfilling my purpose?

Develop the skills you need to succeed in life! While *The 40 Day Soul Fast* focused on the 40 characteristics of an authentic person, now bestselling author and empowerment specialist, Dr. Cindy Trimm delivers her follow-up—*Reclaim Your Soul*, which focuses on the 40 behaviors of a resilient person.

Learn how to:

- Identify destructive relationships in your life and break free from their harmful impact
- Avoid unhealthy emotional attachments and shield your soul from possible damage
- Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose

Successful people are resilient people. The key to resiliency is learning how to reclaim your soul each and every day!

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