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The Fourteen Day Soul Detox (Volume 1)

Rita Stradling

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The Fourteen Day Soul Detox (Volume 1)

Rita Stradling

The Fourteen Day Soul Detox (Volume 1) Rita Stradling
Volume One of the Serial.

In the next fourteen days, I plan to:

Body

1) Cut back on my coffee intake.
2) Gain some of my weight back.
3) Start getting some exercise again.Yoga? I don't know.
4) Sleep.

Mind

5) Take on my daughter's school board.
6) Sell my coffee shop.
7) Go on a date.

Soul

8) Stop wearing my wedding ring.
9) Spread my husband's ashes.
10) Forgive the woman who killed him.
11) Stop sleeping with her ex-husband.

12) Remember what love feels like.

13) Be happy.

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Jerry Bates:

Playing with family within a park, coming to see the water world or hanging out with close friends is thing that usually you may have done when you have spare time, after that why you don't try factor that really opposite from that. A single activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love The Fourteen Day Soul Detox (Volume 1), you may enjoy both. It is excellent combination right, you still would like to miss it? What kind of hangout type is it? Oh come on its mind hangout people. What? Still don't obtain it, oh come on its named reading friends.

Jerry Jackman:

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