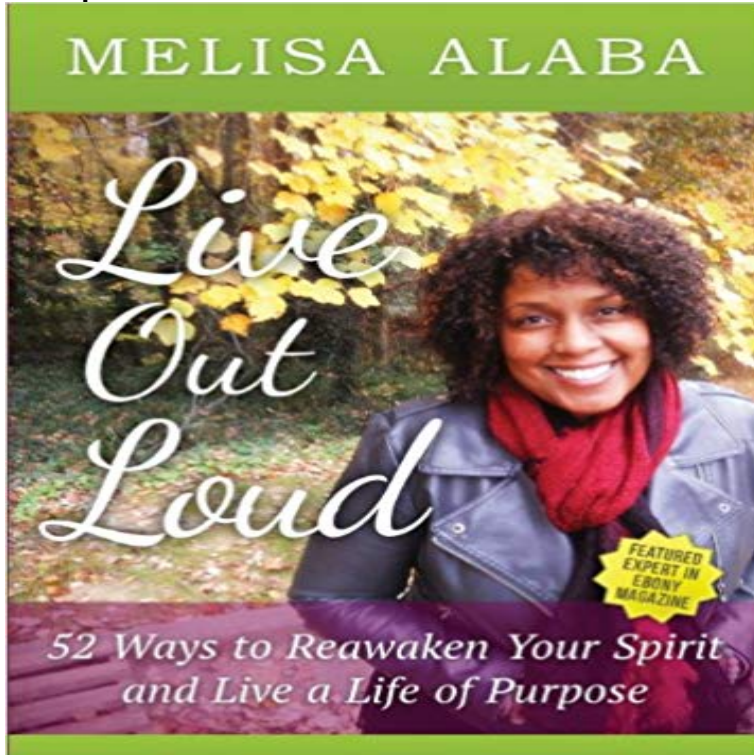


Live Out Loud, 52 Weeks to Reawaken Your Spirit and Live a Life of Purpose



Live Out Loud: 52 Ways to Reawaken Your Spirit and Live a Life of Purpose introduces you to 11 keys to living a fully awake life: abundance, acceptance, balance, commitment, connection, discovery, forgiveness, giving, gratitude, organization, and purpose. Melisa Alaba presents exercises that are easy to follow that will move you from being stuck to embracing your power and overcoming disappointments or setbacks. The exercises can be done individually, with a partner, or in a group. The 52 mindful exercises are short and extremely powerful. Many are based on the authors firsthand experiences and biblical principles. They will move you to take action and get the life you were created to live.

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