



Crackin' Up: 28 Days of Letting in the Light

Lisa M Smith Ph.D.

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Join Lisa Smith, Ph.D. as she guides you through a personal journey... “Crackin’ Up”. Life cracks us...it’s supposed to. When all you thought you were lies scattered all over the floor, it can look and feel pretty messy. But in this space, there are endless possibilities available and from this raw material, we get to create something new. The author invites you to join her – in this moment, one crack at a time – to let in the light. As we open up to let light into the darkened places of our minds, bodies and spirits, we find room for something new to come forth. This 28-day adventure opens us up to our intentions, our health, our relationships, our beliefs and our shadow, our sacred and playful selves. We crack open space for declarations, gratitude, energy exercises, magical moments and much more! Come, crack up and play in the light!

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