



A Juicy, Joyful Life: Inspiration from Women who have Found the Sweetness in Every Day

Linda Joy

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A woman's trail guide to discovering her own authentic story!

Do you ever wonder why some women are able to live grounded in the now, cherish the small moments, and look back without regret? How, despite obstacles like anxiety, depression, addiction, abuse, or devastating loss, they are able to stand tall in their world and shed light on all those around them?

These women are living Juicy, Joyful lives-and now, for the first time, they share their inspirational, heartfelt stories with the collective intention to encourage ALL women to embrace the truth that "where you've been does not define where you will go. You can create a new personal story."

Readers looking to go beyond a passive reading experience and journey into the realms of self-discovery will not be disappointed. Each woman's story is followed by a journaling prompt page featuring three Juicy Questions to help the reader draw parallels between the lessons in the narrative and her own experience encouraging her to do the inner work so that she can start living her own Juicy, Joyful Life!

Compiled by Linda Joy, Publisher of Aspire Magazine. a pioneer in the field of women's inspirational media.

"... each story spurs you on to make the most invincible choices in your life. I love the stories, the honesty, the comfort and the brightness in these pages. I felt like I got to have dinner with a wise friend who had just chosen more for herself---and was going to make sure I did the same!" Tama J. Kieves, best-selling author of *This Time I Dance! Creating the Work You Love*

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