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Living Life to the Fullest



Dr. Jane A. Simington, PhD.

It is often said that our mark of success or failure in life is not so much what has happened to us, but what we become because of what has happened to us. We are ever-changing and evolving. Each moment is an opportunity to begin anew.

Living Life to the Fullest is about discovering more effective and more easily applied ways to release what is no longer desired in your life so you can begin anew with increased hope to create your desired reality.

During our time together you will:

- 1) Explore ways to determine your desired reality.
- 2) Experience cutting attachments from the past so you are free to soar into new beginnings.
- 3) Examine easily applied effective ways to release past hurts and restore balance to your life.
- 5) Discuss and experience a variety of techniques to help bring new possibilities into your life.
- 6) Find ways to examine what is next for you.
- 7) Explore dream messages guiding you into new beginnings.
- 8) Leave this session feeling a renewed sense of your ability to create your desired reality and feel a sense of hope and promise in your ability to do so.