



Live Out Loud: A Woman's Guide to Kicking Fear, Anxiety and Self -Doubt in the FACE!

Kellene Diana Sampson

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Kellene Diana is on a mission to help women overcome fear, anxiety and self-doubt. In "Live Out Loud" Kellene shares how she overcame these obstacles by building a solid foundation of self-love. Kellene introduces a powerful, fun and effective 4-step philosophy called G.A.L.S. which stand for Grow, Achieve, Live Out Loud and Support. G.A.L.S. is the vehicle she used to finally break through the prison of fear she was trapped in for years. This philosophy was also designed to help you overcome life's barriers so that you too can truly live life OUT-LOUD just like you deserve! "Live Out-Loud" will teach you the importance of self-care. You will realize why it is so important to pause in your pursuits to take a well deserved breather. This book will inspire you to get and stay healthy both mentally and physically. You will be empowered to say no to quick fad diets and learn to tap into your brilliance to achieve your dreams.

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