

Start today the right way. Listen to You Are Loved by Stars GoDim

Pay kindness, pay compassion, pay love forward and watch it illuminate your life and your day.

Love is the source of your internal energy and of the best and brightest within you. It is the greatest antidote to pain and suffering.

Start today by living and appreciating yourself. Let this day inspire you to share love, compassion and understanding with someone you know or meet.

Pay love forward because it will make you feel good, do good and share good with another human being. Even a smile or an act of encouragement can change and often save the life of another human being.

Stop the needless pain. Everyday, people suffer in silence from stress, anxiety, loss and traumas that undermine their best selves and lives.

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Irene Becker, Founder, Just Coach It-The 3Q Edge™ | Reach-Resonance Results

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