



# Thriving Authentically: Own Your Personal Power and Make Life Happen

*Marelda Rodrigues*

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## **Thriving Authentically: Own Your Personal Power and Make Life Happen** Marelda Rodrigues

Are your life's dreams and current reality in alignment? Or do you wonder how they moved so far apart leaving you unfulfilled and resigned to a lesser version of your true potential? Every choice you make affects how you steer the ship of your destiny. Yes, you are that powerful! You are in charge of making your dreams come true, and experiencing the deep joy and satisfaction that are rightfully yours. The key is engaging your power to create high impact outcomes.

Author and health coach Marelda Rodrigues knows firsthand what it's like to face the despair of burnout—but she refused to let it have the last word. Reclaiming her personal power by owning her decisions, she began to recognize the absolutely essential behaviors that build confidence and ensure forward movement, as well as the derailing actions that stunt emotional growth and block achievement.

Her inspiring guide, *Thriving Authentically*, shares the author's simple approach to vibrant living so you, too, can learn to stop compromising your values and become your highest self. By focusing your mind, opening your heart, being willing to delay gratification as needed, and stretching beyond your comfort zone, you can start living the life you've always imagined. The choice is yours—are you ready to own it?

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