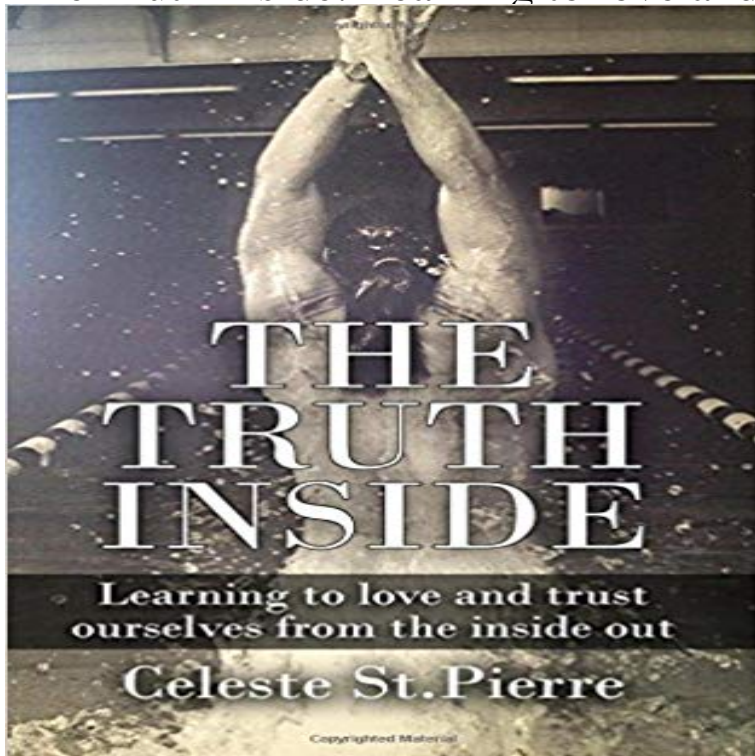


The Truth Inside: Learning to love and trust ourselves from the inside out



One woman's journey to enlightenment by connecting mind, body, and spirit through sport. She shares personal stories of challenges that have taken her into the dark, instead of pulling away from the dark she learns to lean in. Her greatest and most valuable life experiences show up in these dark corners pulling her into the light where her life then blooms. Be inspired by these stories and insights pointing a way to conscious living.

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