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Unstoppable
Unstuck And
Simple 5 Minute
Unstoppable
Hacks To Break
Free From Fear
Stress Or
Minute Hacks
Hopelessness
To Break Free
Step Into A
From Fear
Purpose Filled
Life
Stress Or
Hopelessness
Step Into A

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Life
Simple 5 Minute

Hacks To Break
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Stress Or
Hopelessness
Step Into A
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Life

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Our goal: to create the

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Unstoppable: Step into
the Amazing Life God

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Kathleen Kerr] on

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offers. You're stuck.

You thought you were

on the path to your

dream job, but you've

been in the same

cubicle for four years.

You thought you'd

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found the right person

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"Unstuck and

Unstoppable' by Lana

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Borgholthaus is a must read by everyone who wants to live life to the fullest. I read the book spell-bound because of the nuggets of wisdom and insight it reveals about our body and our soul ---our KI
HOL SOL.

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5-Minute Hacks to

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Break ...

Simple 5 Minute

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where you want to go?

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Break ...

When I find simple

meals that I like and

taste good, I stick with
it like white on rice.

Especially preparing
to have my second

kiddo and become a
momma to a newborn

and a 5 year old, I

need to not think much
about what I'm eating.

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Home - Lana

Borgholthaus

If you're still unclear

as to your God-given

life purpose, you'll

definitely want to read

Debra's story. She

shares how uncovering

the mystery can be as

simple as reflecting on

childhood clues that

point towards your

truest self. Tell us a

little bit about

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yourself... I live in
North Carolina with
my husband and
daughter, where I
teach writing and
music.

Hopelessness

Step Into A

Purpose Filled

Life

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This is the official
website of author Lana
Borgholthaus. She is

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the #1 best-selling author of Unstuck and Unstoppable: 5 Simple 5-Minute Hacks to Break Free From Fear, Stress, or Hopelessness & Step Into a Purpose-Filled Life.

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[Jermaine E. Martin]

on Amazon.com.

FREE shipping on
qualifying offers.

"After all these years,

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I finally realized that sometimes the greatest gift that GOD gives us is OUR STORY. It is through His grace and our perseverance through the toughest of times that we are awakened to our true gifts.

Lana Borgholthaus
(Author of Unstuck
and Unstoppable)

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Unstuck and
Unstoppable: Simple 5

Minute Hacks to

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& Step Into a Purpose-

filled Life. Author.

Lana Borgholthaus.

Author biography.

Lana Borgholthaus is a

passionate personal

development addict

that has been solving

medical problems as a

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physician assistant for
nearly 20 years. She
enjoys combining ...

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081: Get UnSTUCK; 5

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Purpose Filled

Life Series. 69 likes. Under

the Nine Suns is an
illustrated series of
steampunk inspired
stories written by

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Russell Pike. Come here for

announcements and

info about the series.

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rating — 10 ratings.

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Feeling Stuck? How to

Get 'Unstuck' in 5

Easy Steps

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Simple Steps to

Emotional Well-Being.

... a simple 5-step

process to help to

unravel everything

from minor

annoyances through to

big complex issues.

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Using her
qualifications in

Psychology,

Occupational Therapy

and Integrative Yoga

Therapy, Shira can

change your habits of

thinking to create a

richer and more

rewarding life ...

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Making you

unstoppable. Whether

you're stuck in a

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relationship. Stuck in a
job you no longer

enjoy. Stuck in an

emotional state or low

self-confidence. Stuck

financially. Stuck with

a health condition.

Stuck being

unemployed. Stuck in

a life that doesn't

fulfill you. Here are 5

steps to help you get

'unstuck'. 1) Get

clarity on what you ...

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Simple, right? Easier

said than done. But by

God's grace and a lot

of tenacity, today

that's exactly what I

hap-pily do for a

living. My pivotal

moment came one day

in the shower. I

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dragged myself out of
bed to go to the office

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Get Unstuck, Be

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