



Paddle Your Own Raft: Out of the Storm and Into the Sunshine

By Marie Elena Hawkins

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Are storms in your life rocking your world in ways you didn't see coming and don't particularly like? Are you exhausted by the endless demands on your time and energy? Do you sometimes feel like giving up on ever having a happy, satisfying life? Paddle Your Own Raft was first created as a visualization exercise to help women see their lives from a fresh new perspective. The simple metaphorical story has become an essential guide for women who are ready to create a better life for themselves. Paddle Your Own Raft is about learning to recognize who and what we carry with us. It's about lightening our loads and letting go of self-imposed stress. Paddle Your Own Raft ultimately seeks to modify your frames of reference and open the way for changes that will lead you to a deeper, easier satisfaction with life, regardless of the circumstances.

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Editorial Review

About the Author

Marie Elena Hawkins, MS, CNW®, is a certified Holistic Nutritionist and writer. Personal challenges and years of specializing in women's wellness have given her a deep awareness of the complex issues facing many women today, and have provided valuable insights on what it takes to navigate life's transitions more smoothly. In her words, "I want to teach you how to leave your baggage behind, show you how to be discriminating about what you bring into your life, and inspire you to reclaim the dreams you've lost along the way."

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