



"Find the BEST YOU with Life Coaching!"

Anita Greenberg, Life Coach

Dear Friends,

As the Holiday Season bears upon us, we should stop and consider what our goals are for this time. Do we want to reconnect with family, spend time with friends or just chill, as the kids would say?

Whatever we do, we should always be true to our purpose in life, if we have one or if we have identified one. When our actions are guided by our purpose, we act in line with our values, thus producing a happier, healthier, more fulfilling life.

For this Holiday Season, I wish you health, comfort and fulfillment as you enter the next year on your journey.

Warmly,

Anita

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