



## The 3 R s of an Inspired Life: Reflect, Renew, Refresh (Paperback)

By Karen Marie Lewman

First Edition Design Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Reflect, Renew and Refresh, The 3 R s for an Inspired Life, is an inspirational, motivational journal and calendar with weekly photos, quotes and affirmations. I encourage the reader to reflect on the weekly message and image, then to write down how they intend to use the message in their life for that week; thereby being renewed and refreshed. I have found that if we take the time to Reflect on positive influences and meaningful occurrences, we can Renew our spirit and Refresh our soul. It is so important to maintain balance, peace, joy and love as we go about our days. Sometimes though, it is not easy. By using Reflect, Renew and Refresh as your guide, especially when you are feeling overwhelmed, challenged in your personal or professional life, have a tendency towards negative thinking, or just need to reset your balance, you are committing to positively nourish your mind, body and spirit. Open Reflect, Renew and Refresh to the week and be inspired by the quote, affirmation and photo. Immerse yourself in the beauty of each page and find...



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-- **Adolfo Lindgren**

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