



“Everyday Magic”

Finding Joy, Avoiding Burnout and Becoming Your Own Self-Care Advocate

“Each day dawns with the promise of a personal miracle. Find some magic today. Even a little bit can go a very long way.”

Anthon St. Maarten

Everyday Magic

Life lessons from the top of the world

Turning *Mundane* into *Magic*

Strategies for living off script

Mindset Matters!

Elevate, don't dissipate, positivity!

The Power of Forgiveness

“Set the bar low.” You'll have more chances to celebrate!

“Romancing the Ordinary”

Make every day is a special occasion!

The Belly Laugh

The magic of humor

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