



tony_stephan_



tony_stephan_ ✅ ...

Seguir

Mensaje



Tony Stephan

Emprendedor(a)

🏡 Multifamily owner w/ 377 units

◆ Helping 1000 family's buy their first apartment

📖 Author: The Multifamily Blueprint - DM me "BOOK" for free copy !!

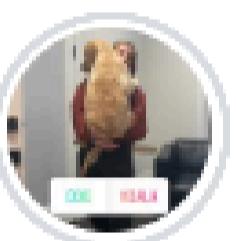
🔗 tony-stephan.com/links



My Book



Multifamil...



Moose



Real Estate



Media

2850
publicaciones

48,3 mil
seguidores

1192
seguidos



Usar app



tony_stephan_ - Captura 2



tony_stephan_

RENTING OUT IN 2024

RENTING OUT IN 2024

ADDING VALUE, AND OPERATION

Here's the blueprint to follow!

Here's the blueprint to follow!

How money is made in Multifamily beyond cash flow

I'm 35 with 377 Multifamily units & 3 biz's - If you're in your 20's watch this

WHAT'S

Why most influencers are LYING about their rental property returns on the internet

Why most real estate gurus are lying to you about their returns on the internet.

43 UNIT APT COMPLEX

One thing you always need to do during a Multifamily inspection

DAY IN MY LIFE: 35 YEAR OLD MARRIED, 3 BUSINESSES, 377 MULTIFAMILY UNITS

WHAT'S ONE THING NEW INVESTORS

Why everyone needs to buy ONE small apartment deal (7 unit example)

Multifamily real estate is NOT about the cash flow

If you make over \$500k/year and are tired of paying taxes you need to buy a small Multifamily apartment

User app

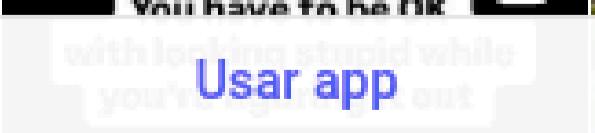
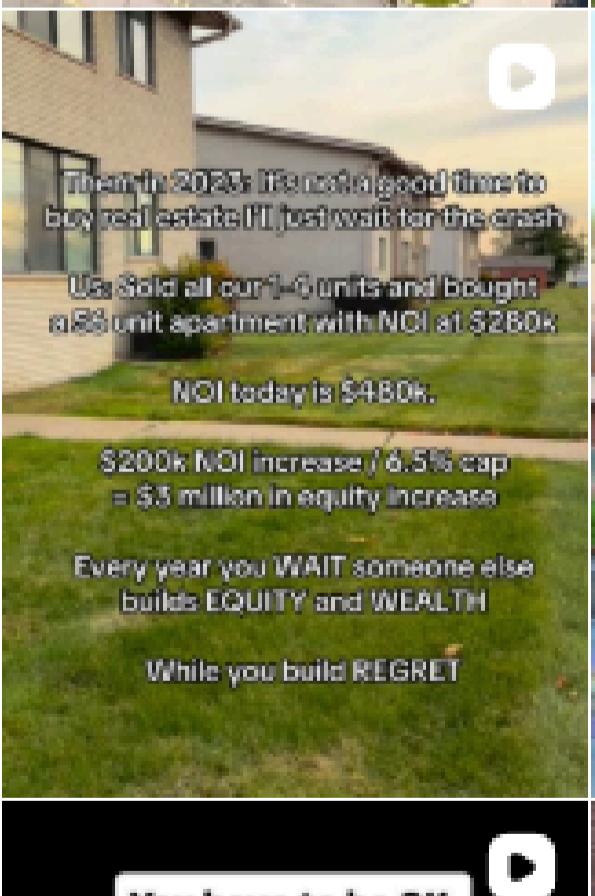
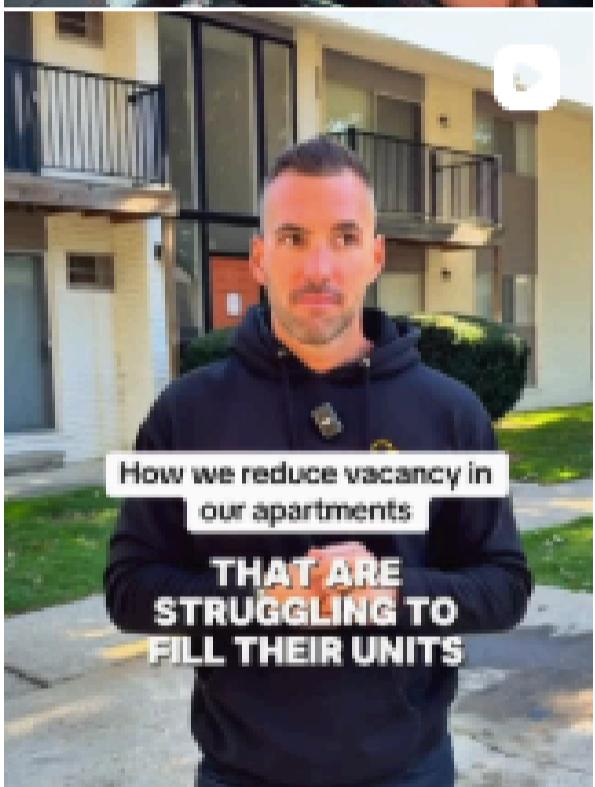
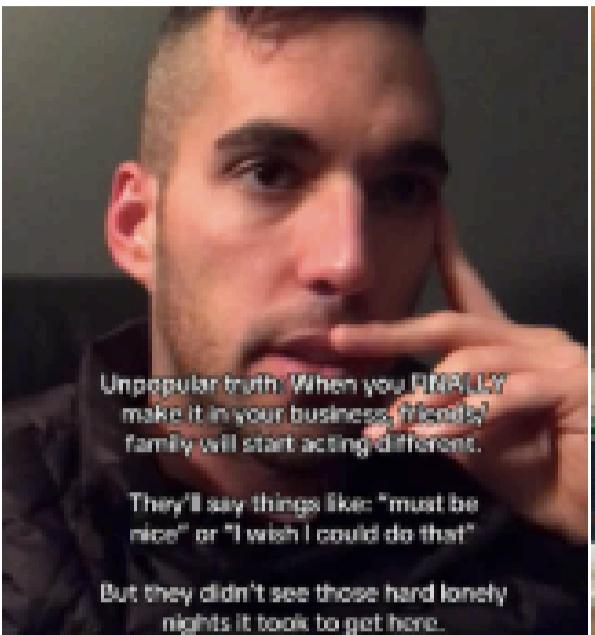
X



tony_stephan_ - Captura 3



tony_stephan_





waterheiress



waterheiress ...

Seguir

Mensaje



Jilly Torrez Wet n' Wellthy

@ waterheiress

Emprendedor(a)

@waterlensbook OUT NOW !!

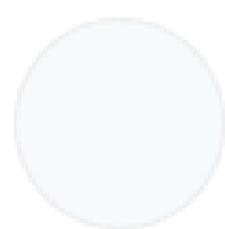
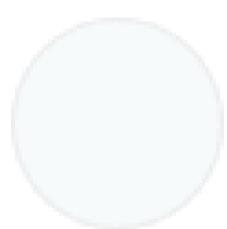
7 FIG Mentor

Passive Income Strategist for coaches

Freeing God's people from Time

Luxury Water Systems ↗

msha.ke/waterheiress y 2 más



2928
publicaciones

62,8 mil
seguidores

4566
seguidos



Usar app



waterheiress - Captura 2



waterheiress



waterheiress ···

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Mensaje



Jilly Torrez Wet n' Wellthy

@ waterheiress

Emprendedor(a)

@waterlensbook OUT NOW !!

7 FIG Mentor

Passive Income Strategist for coaches

Freeing God's people from Time

Luxury Water Systems ↗

msha.ke/waterheiress y 2 más



Blue Chris...



Wet n' Wel...



Jilly, Jillying



Throwback



Soirée



Gold



Season of

2928

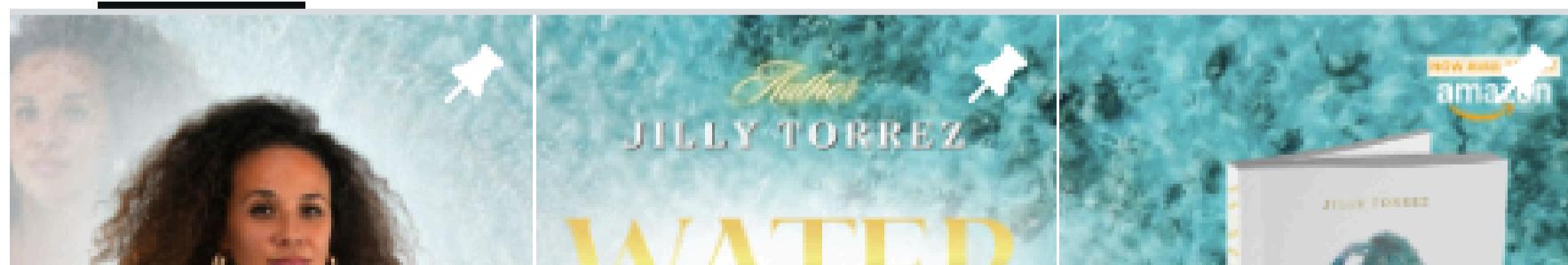
publicaciones

62,8 mil

seguidores

4566

seguidos



Usar app



waterheiress - Captura 3



waterheiress

The collage includes:

- A top row featuring a person in a blue shirt, a product advertisement with a "ORDER NOW" button, and a waterfall scene.
- A middle row featuring a couple kissing, a woman in a bikini with a quote about luxury experiences, and a woman in a bikini with a quote about hustling.
- A bottom row featuring a woman in a bikini, a woman holding a blue bottle, and a woman in a yellow bikini.
- A bottom-most row featuring a "BLUE Christmas" graphic, a hydration reminder, and a quote from Waterheiress founder Water.

At the bottom right of the collage is a "User app" button and a close "X" button.





drjennmann



drjennmann ...

Seguir

Mensaje



Dr. Jenn Mann

@ drjennmann

Licensed Therapist, MFT

4x Best Selling Author

Host @vh1 #CouplesTherapy & #FamilyTherapy

Mom of Two & Vegan

@ericschiffer

linktr.ee/drjennmann y 1 más



Goggins I...



David Gog...



Speaking ...



Cat kisses



GMA



Relationships... Radio Adv...



7428
publicaciones

107 mil
seguidores

6003
seguidos



Usar app





drjennmann



drjennmann ✅ ...

Seguir

Mensaje



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@ drjennmann

💬 Licensed Therapist, MFT

📖 4x Best Selling Author

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🌿 Mom of Two & Vegan

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🔗 linktr.ee/drjennmann y 1 más



Goggins I...



David Gog...



Speaking ...



Cat kisses



GMA



Relationsh... Radio Adv...



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107 mil
seguidores

6003
seguidos



How Your Attachment

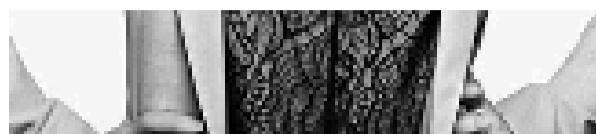
Style Shows Up in Relationships

Usar app





drjennmann



How to Be
Vegan/Vegetarian
During the Holidays

drjenn



you just spoke to him was disre

You have to feel
in order to heal.

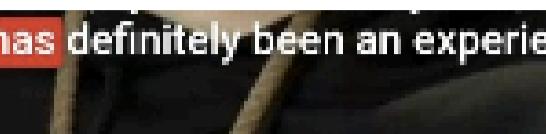
drjenn

5 Things to Check In With Your Partner About During the Holidays

drjenn

You're allowed to be
complicated,
but you're not
allowed to be
abusive.

drjenn



You are not responsible for
being abused or harmed.

You are responsible
to take charge and
provide yourself
with healing.

You are responsible for
the way you treat others.

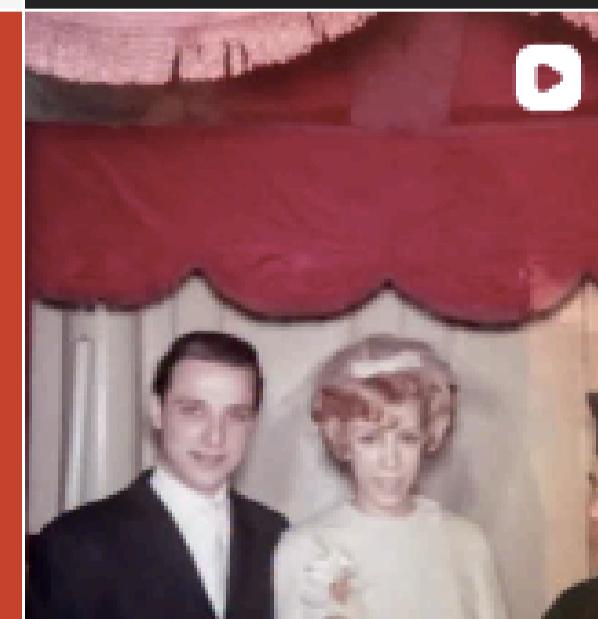
drjenn

How Stress Affects Us and What We Can Do About It

drjenn

Halloween & Your Mental Health: Tricks, Treats, and Triggers

Exciting for some, overwhelming
for others. Let's talk about it.



Usar app





dr.heathersandison



dr.heathersandison ✅ ...

Seguir

Mensaje



Heather Sandison, ND

New York Times Best Selling Author

Healing brains so you can live your potential. Experience Clarity

Listen to my NEW podcast

↗ linktr.ee/dr.heathersandison y 1 más



NEWS



BOOK



4.0 Summit

1160
publicaciones

36,2 mil
seguidores

1238
seguidos



Usar app





dr.heathersandison

Currently a New York Times Bestseller.

or I should say

Keto Mistakes That Can Hurt Your Brain
Dr. Heather Sandison

IS THIS SUPPLEMENT YOUR MISSING BRAIN BOOSTER?

regulate the

WHY MELATONIN IS MORE THAN A SLEEPING AID

30% OF YOUR HEALING COMES FROM THIS

Caregivers carry heavy loads others can't always see.

the mitochondria

Use app





dr.heathersandison

3 Myths About Brain Supplements
Most people waste time and money... here's why.

"No amount of alcohol is safe for your brain if you're experiencing age-related memory loss."
Dr. Heather Sandison



CREATINE ISN'T JUST FOR MUSCLES
A scoop of creatine powder next to two capsules.



Keto Made My Brain Foggy... At First.
Here's what to expect.



can't comprehend.



My

HOW TO TEST BRAIN RESILIENCE (Without Burnout)
A stylized brain graphic.



Usar app





breitfeld_biohacking - Captura 1



breitfeld_biohacking



breitfeld_biohacking ...

Seguir

Mensaje



Andreas Breitfeld

@ breitfeld_biohacking

Salud/belleza

Professional Biohacker | Biohacking Lab Speaker | Coach
Author | Podcaster

latest biohacking tech | Munich

www.breitfeld-biohacking.com y 1 más



Ab jetzt Bi...



Podcast b...



Bioh... für ...



RB Editori...



RB Reviews

487
publicaciones

12,9 mil
seguidores

581
seguidos

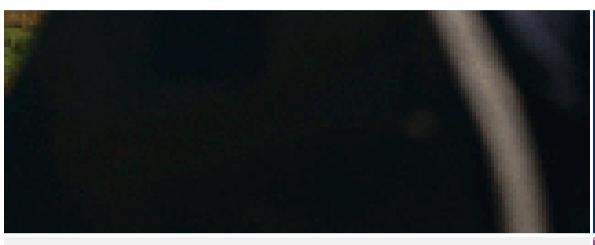
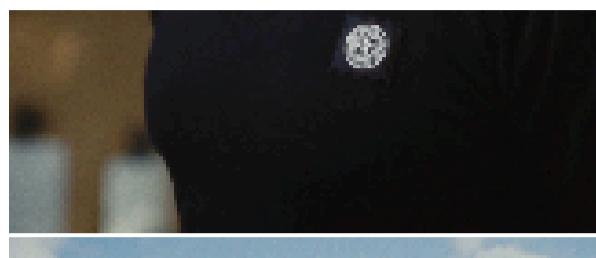


Usar app

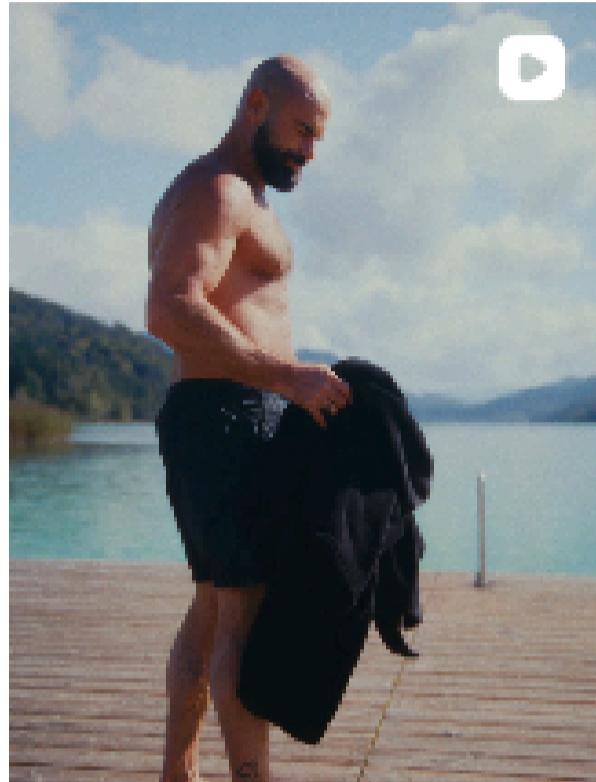




breitfeld_biohacking



Q&A 17: Die Community fragt, Andreas antwortet



Podcast 201

Narum dein Gehirn Humor liebt?

Humor ist
Körperlich Lachen und
Lungen leben

- Warum wir lachen – und warum es uns soviele Nutzen schafft.
- Dopamine, Belohnung & Humor: Wie produzieren Sie Humor?
- Wie Humor Stressreize steigert & dich auslasten lässt.
- Praktische Methoden wie du Humor erlernen wirst.

Jetzt anhören!



Wellness vs.
wissenschaftlich fundierte
Longevity

Was ist Ihr biologisches
Alter und wie können Sie es
senken?

Bioregulatoren - der
Biohacker's Guide

User app



breitfeld_biohacking - Captura 3



breitfeld_biohacking

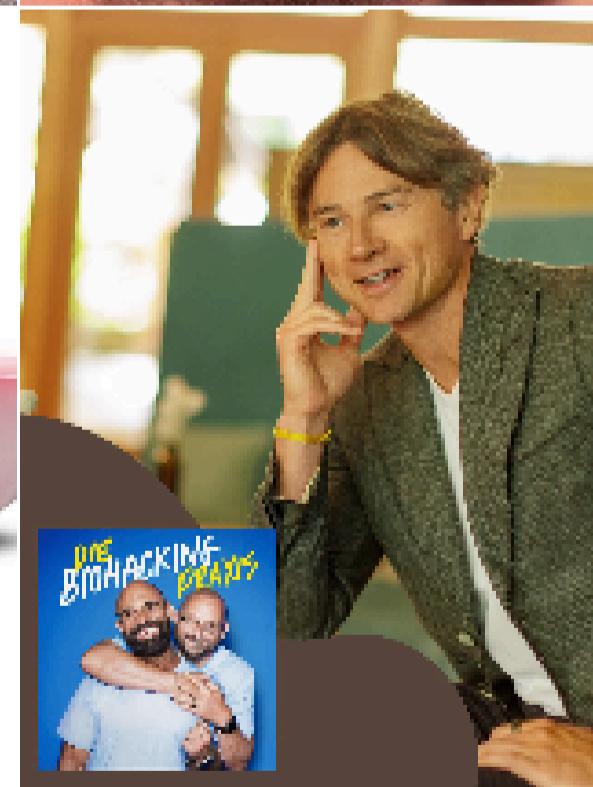


Longevity Essentials

Das Workshop Longevity Retreat Kräuterhof

• Kernthemen des Workshops

- + Kälte als Junghinzen
- + Licht als zirkadianer Drügert
- = Atemung und Sauerstoff
- + Mikrobiom für gesund nutzen



Usar app





aaronmachbitz



aaronmachbitz ...

Seguir

Mensaje



Aaron Machbitz

@ aaronmachbitz

Podcaster, Coach, Speaker

Buy [@shopeverybodybrand](#)

4 things to quit to transform your life

[aaronmachbitz.com/quit y 1 más](#)



Community



Podcast



Merch



Newsletter



Text Me

2612
publicaciones

10,3 mil
seguidores

803
seguidos



Usar app





aaronmachbitz



aaronmachbitz •••

Seguir

Mensaje



Aaron Machbitz

@ aaronmachbitz

Podcaster, Coach, Speaker

Buy @shopeverybodybrand 🌎

4 things to quit to transform your life ↗

🔗 aaronmachbitz.com/quit y 1 más



Community



Podcast



Merch



Newsletter

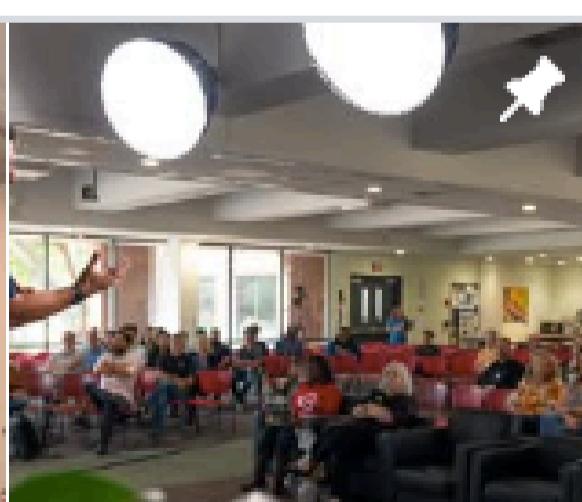
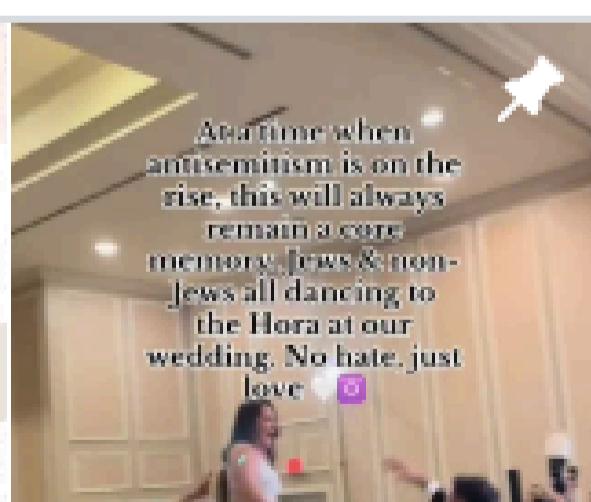


Text Me

2612
publicaciones

10,3 mil
seguidores

803
seguidos



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aaronmachbitz - Captura 3



aaronmachbitz

The collage consists of nine video thumbnails arranged in a 3x3 grid. Each thumbnail features a play button icon in the top right corner.

- Top Row:**
 - Thumbnail 1:** A man with a beard and a blue background. Text: "Me, everytime someone tells me they listen to my podcast".
 - Thumbnail 2:** A woman with blonde hair smiling. Text: "SOMETHING FOR EVERYBODY!" and "#436 Ashley Bizzell MINDFUL EATING".
 - Thumbnail 3:** A man with a beard wearing a "Bad Luck" cap. Text: "EVERYBODY!" and "NUMBER ONE".
- Middle Row:**
 - Thumbnail 4:** Two men in a room. Text: "When someone says how tired they are but doesn't have any kids".
 - Thumbnail 5:** A white space containing the text "A FRESH WEEK IS AHEAD" and a large orange arrow pointing right.
 - Thumbnail 6:** A man with a beard wearing a "NO. 1" cap and an orange shirt. Text: "Understand relationship advice: Follow through on the little things. Call when you said you would. Show up when you said you would. Remember the tiny detail they mentioned. Depth isn't built through grand gestures. It's built through quiet consistency on the little things."
- Bottom Row:**
 - Thumbnail 7:** A man with a beard and a blue shirt. Text: "Me getting ready to work 12 hours after my son was crying all night".
 - Thumbnail 8:** A close-up of the same man with a beard and a blue shirt.
 - Thumbnail 9:** A man with glasses and a beard looking at the camera. Text: "IS EATING WELL".

Usar app

GO TO SPOTIFY





freedomflexibilityy



freedomflexibilityy · · ·

Seguir

Mensaje



Elana | Flexibility Coach

@ freedomflexibilityy

Preparador físico

⭐️ Helping adults learn how to do all the splits and their back bridge + get strong @freedomflexibility.results

✉️ Inquire about coaching ↴

🔗 linktr.ee/elanacpt



Splits pro...



Beginners ...



Advanced ...



Splits ⚡



Pancake 🥞



Members...



Pancake P

430
publicaciones

41,4 mil
seguidores

403
seguidos



Usar app





freedomflexibilityy



freedomflexibilityy · · ·

Seguir

Mensaje



Elana | Flexibility Coach

@ freedomflexibilityy

Preparador físico

⭐️ Helping adults learn how to do all the splits and their back bridge + get strong @freedomflexibility.results

✉️ Inquire about coaching ↗

🔗 linktr.ee/elanacpt



Splits pro...



Beginners ...



Advanced ...



Splits ⚡



Pancake 🥞



Members...

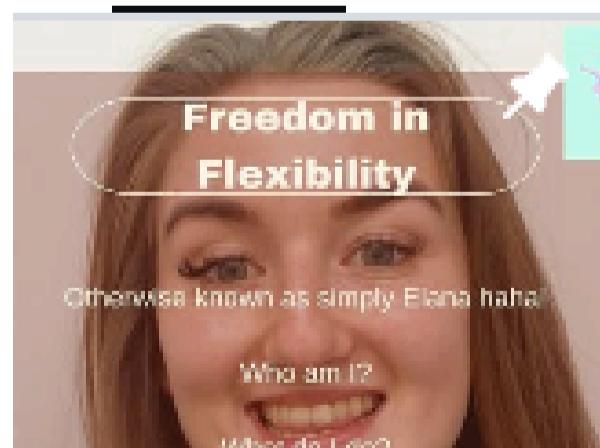


Pancake P

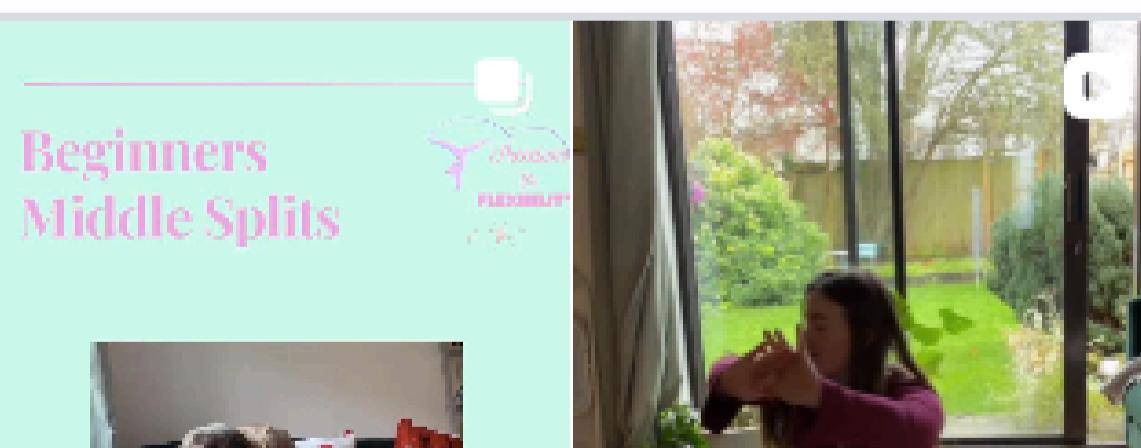
430
publicaciones

41,4 mil
seguidores

403
seguidos



Otherwise known as simply Elana haha
Who am I?
What do I do?



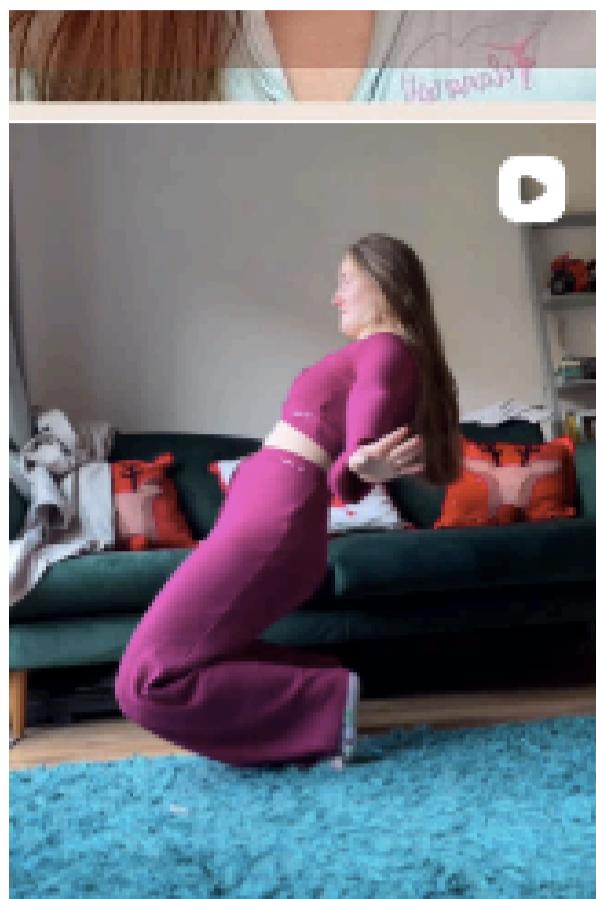
Beginners
Middle Splits

Usar app





freedomflexibilityy



Struggling with
the last gap on
your forward
fold?



Beginner
Back Bend
Workout

Beginner
Splits
Workout



Beginner
Pancake
Workout



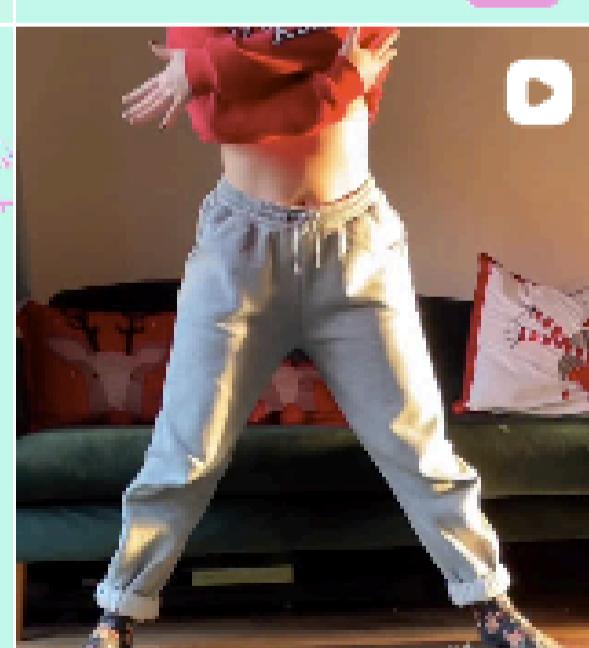
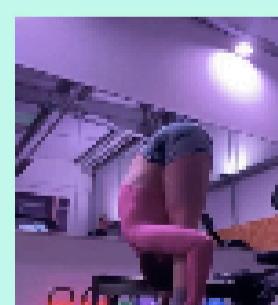
The anatomy of
the pancake split



What is Static
Passive
Flexibility?



The anatomy of
a forward fold



Usar app





vincedelmonte



vincedelmonte ...

Seguir

Mensaje



Faith Based Business Coach for Coaches

Man of God

I help Christian driven coaches scale to 6... then 7 figures Gods Way

3,500+ clients to 6, 7 & 8 figures

BEDROCK IS OPEN. \$1 Test Drive

linktr.ee/vincedelmonte y 2 más



Client Wins



Events



The 7FM



My Story



MEDIA



Inspiration

3970

publicaciones

64,8 mil

seguidores

1441

seguidos



Usar app





vincedelmonte



vincedelmonte ✅



...

Seguir

Mensaje



Faith Based Business Coach for Coaches

Man of God

💡 I help Christian driven coaches scale to 6... then 7 figures Gods Way

🙏 3,500+ clients to 6, 7 & 8 figures

🔥 BEDROCK IS OPEN. \$1 Test Drive 👇

🔗 linktr.ee/vincedelmonte y 2 más



Client Wins



Events



The 7FM



My Story



MEDIA

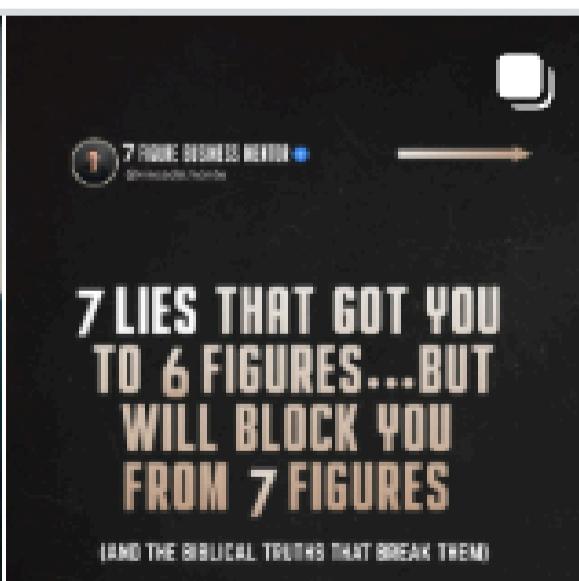
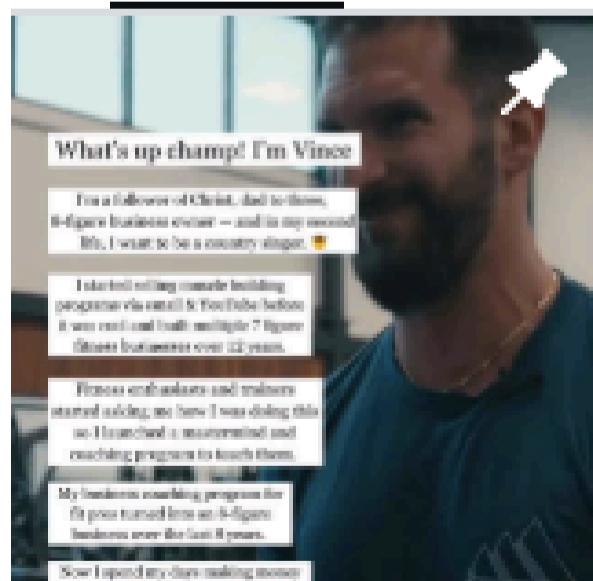


Inspiration

3970
publicaciones

64,8 mil
seguidores

1441
seguidos



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vincedelmonte - Captura 3



vincedelmonte

The grid contains the following content:

- Top Row:**
 - A thumbnail showing a bar counter with a sign that reads "Follow me for more tips on building a profitable and successful online working business."
 - A thumbnail of a man with a beard and mustache, smiling, with a speech bubble: "I'm losing millions of dollars from my divorce because of how disconnected I was from God, myself and my family."
 - A thumbnail of a man with a beard and mustache, with a blue overlay text box: "THIS MADE ME OVER \$30M"
- Middle Row:**
 - A thumbnail for a post titled "46 LESSONS FROM ANOTHER YEAR AROUND THE SUN" featuring a family photo.
 - A thumbnail of a man with a beard and mustache, wearing a cross necklace, with a speech bubble: "It's my Birthday and I Have Big News... I'm Shutting Down My 8-Figure Coaching Business"
 - A thumbnail of a man with a beard and mustache, with a blue overlay text box: "THE EASIEST WAY FROM 20K TO 50K MONTHS WITHOUT RDS"
- Bottom Row:**
 - A thumbnail of three shirtless men standing outdoors, one with a tattooed chest featuring a cross.
 - A thumbnail of a man holding a book with the text "GOD'S WAY" overlaid.
 - A thumbnail of a large room filled with people, with a yellow ball hanging from the ceiling, with the text "FAITHUSTLE" overlaid.

Bottom Center: A blue button labeled "Usar app" (Use app).

Bottom Right: A small "X" icon.





elevatedtammy



elevatedtammy ✅ · ...

Seguir

Mensaje



Tammy Mastroberte

@ elevatedtammy

Autor(a)

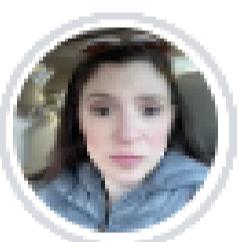
No. 1 Amazon Bestselling author of "The Universe is Talking to You" | Tap Into the Higher Helpline.

Spiritual Teacher 🕊 Speaker 😊

🔗 taplink.cc/elevatedtammy



Book Love



Signs



Med Room

1033
publicaciones

19,4 mil
seguidores

103
seguidos



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elevatedtammy



elevatedtammy



...

Seguir

Mensaje



Tammy Mastroberte

@ elevatedtammy

Autor(a)

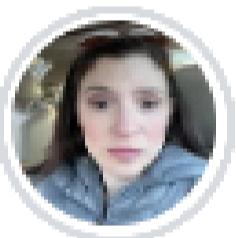
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Spiritual Teacher 🕊 Speaker 😊

taplink.cc/elevatedtammy



Book Love



Signs

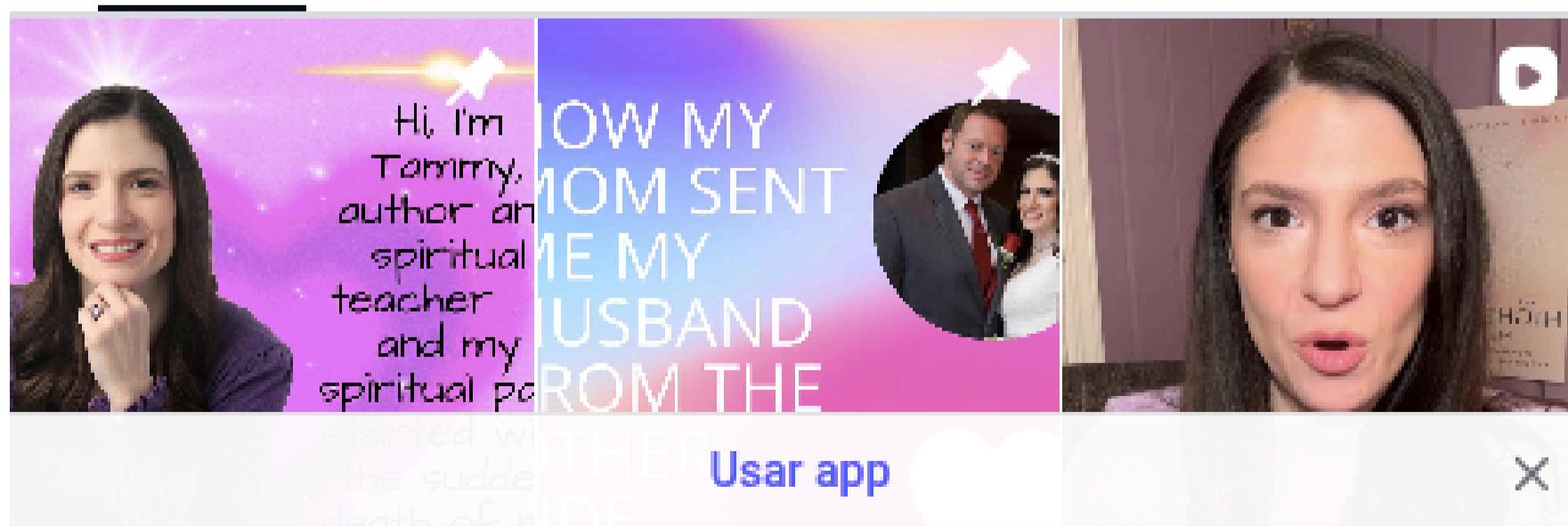


Med Room

1033
publicaciones

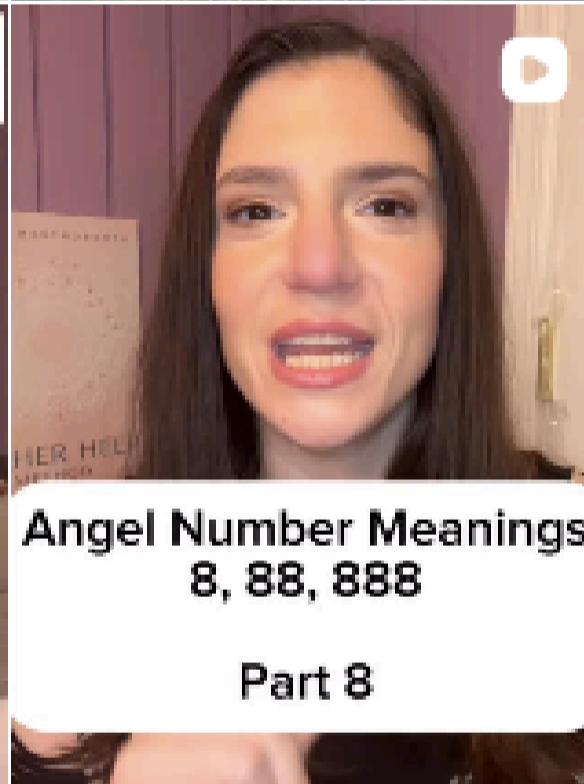
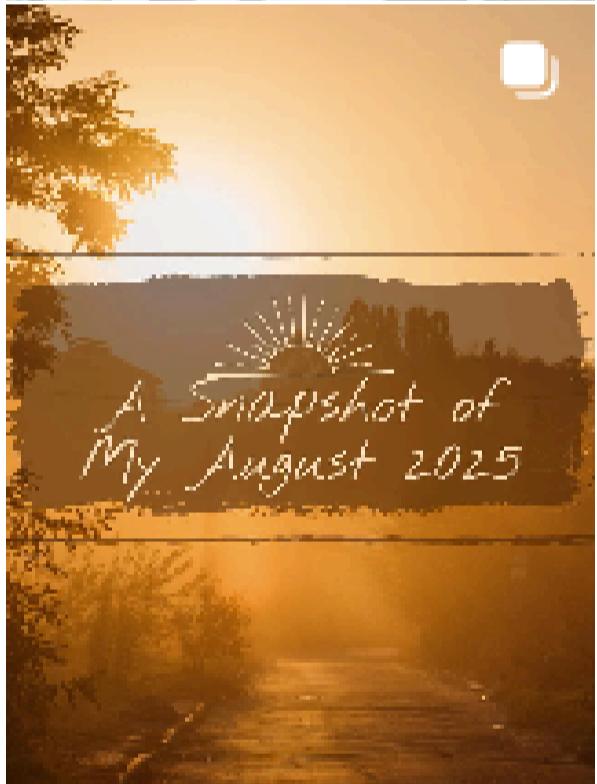
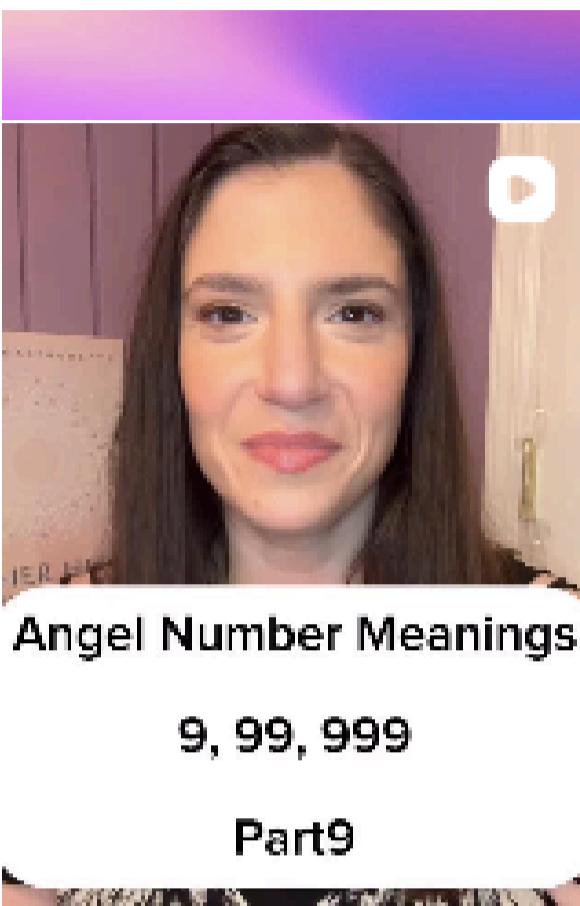
19,4 mil
seguidores

103
seguidos





elevatedtammy



Usar app

ANGEL





christopher__morgan



christopher__morgan ...

Seguir

Mensaje



Christopher T Morgan

@ christopher__morgan

Director creativo

Photographer

Dm/Email for collaboration.

@officialgfw Fashion Photography Judge '24

@officialgfw Mentor program 2025

fashionunited.uk/news/fashion/ykk-london-showroom-announces-



PORTRAIT...



ITALY



HUNGARY



GREECE



EVENTS



F1



GLASTONB.

223
publicaciones

4762
seguidores

3828
seguidos



Usar app



christopher__morgan - Captura 2



christopher__morgan



christopher__morgan

Seguir

Mensaje



Christopher T Morgan

@ christopher__morgan

Director creativo

Photographer

Dm/Email for collaboration.

@officialgfw Fashion Photography Judge '24

@officialgfw Mentor program 2025

fashionunited.uk/news/fashion/ykk-london-showroom-announces-



PORTRAIT...



ITALY



HUNGARY



SPAIN



EVENTS



F1



GLASTONB.

223
publicaciones

4762
seguidores

3828
seguidos



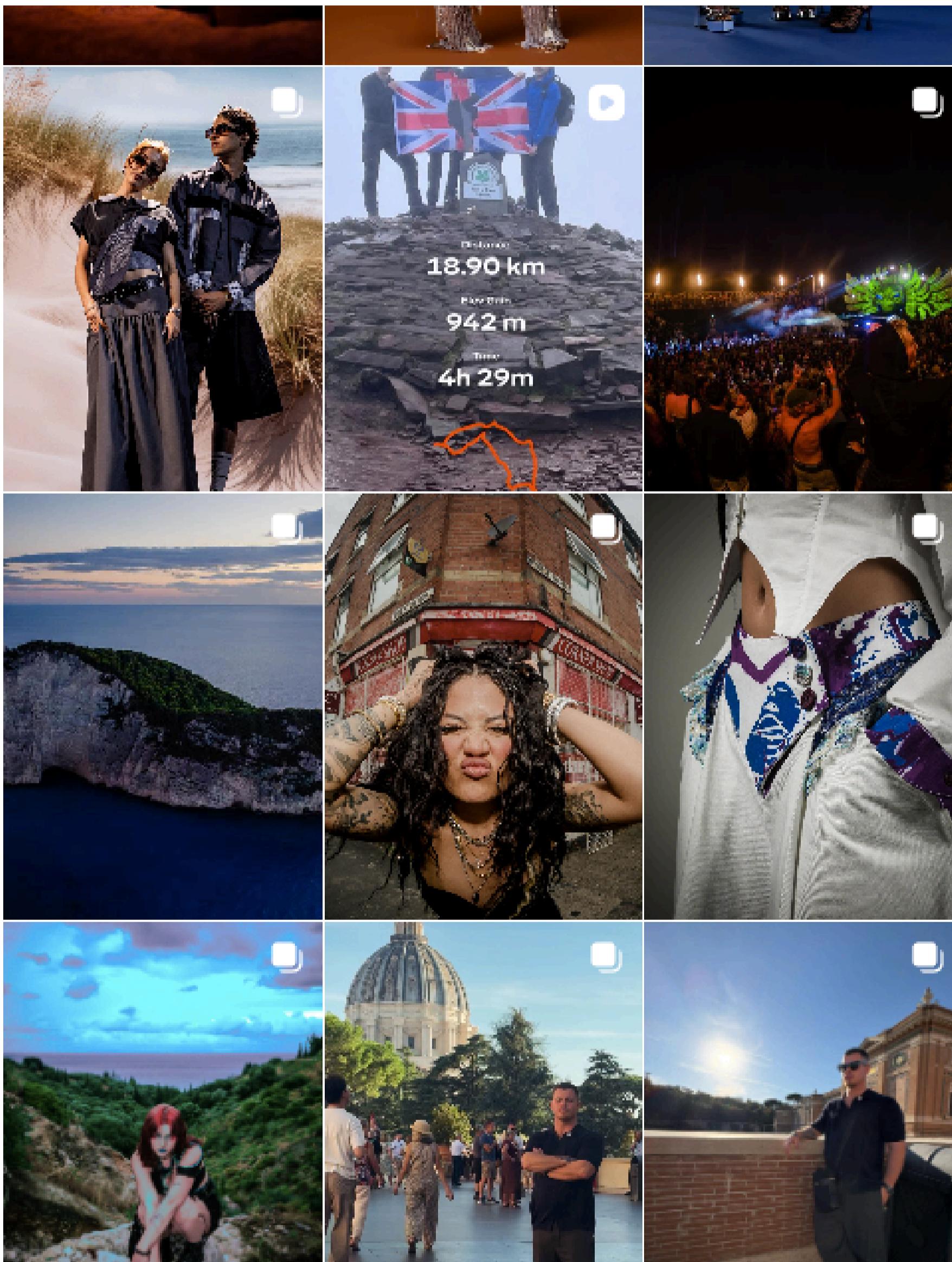
Usar app



christopher__morgan - Captura 3



christopher__morgan



Usar app

