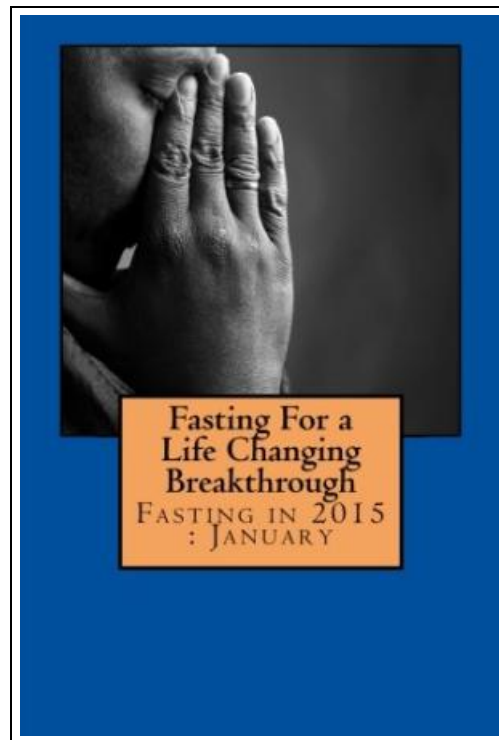


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. I was so tired. The past 5 years had taken a toll on my life and I was completely fed up! You know that feeling deep down that you feel when you know you are destined for so much more that where you are in life? Well, that is exactly where I was at this point and I just knew something had to change. In fall 2014 I was on my way to Whole Foods to pick up a few items for the week after church service. On the walk I noticed a monarch butterfly on the concrete pavement and something told me to stop. It was so beautiful. I spoke to the butterfly and asked it to come over, to my surprise it did! It flew right over to my feet and just stayed. It was so close to me that as it gently opened and closed its wings the tip of its left wing grazed my boot. I stood still and took in the moment. It felt like there was some profound significance in this occurrence. This was happening in 2014, so of course I had to capture the moment with a selfie. Me and my beautiful butterfly at my feet. I have always been a very spiritual being. Fasting was not a new concept to me, however I never fasted for an entire year and just the thought of it seemed so extreme but absolutely necessary for the much needed make-over of my life. I heard once that if you want to have what most won't you must also be willing to do the things that most won't. I don't know anyone in my life at this moment that would be as...

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