



The Power of Peace in a Pause

Tierra Destiny Reid

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A revolutionary empowerment guide inspiring givers, doers, and trailblazers to discover their next level of power, potential, and purpose through a conscious pause Are you someone on the front line that is always helping, doing, building, or serving others? Do you struggle with personal and professional clarity? Have you ever felt like you're just skimming the surface of your potential? Do you aspire to live, work, and succeed in a way that connects to your most authentic gifts? Are you ready to get real about who you are, what you want, and what you deserve? Then *The Power of Peace in a Pause* is the revolutionary empowerment read you've been waiting for! Includes over 40 inspirational topics and real-life intimate details of how a pause has helped women overcome: Infidelity Fear Living behind the mask of success Learning to let go Career changes The struggles of single parenthood "Tierra Destiny Reid's book *The Power of Peace in a Pause* is a powerful, moving testament to the importance of the pause. Couched in personal experience and drawing on lessons of women from different backgrounds, this book guides the reader through not only the decision to pause but how to navigate through the pause for optimum personal growth and development. Reid's work demonstrates how the pause allows us to: forge a deeper connection to our lives, cut out the noise of external voices and internal self-doubt, and realize that we have always had the power. Through her work, I realized how the pause provides us with the opportunity to connect to our true purpose, thereby blossoming into the fullness of ourselves." -Prasanna Ranganathan "Tierra has written a must-have guide for the ambitious woman! I know firsthand what it feels like to be stuck within your success and gifts and craving more. *The Power of Peace in a Pause* helped me be still and honest enough so that I could serve my calling at the highest level. Thank you Tierra for helping me sparkle in my own space!" -Kaira Akita "This book is amazing! I felt like the author was literally sitting with me having a conversation. I also love the transparency of the personal stories so much that I couldn't pick just one. They all connected with me somehow." -Ericka Thomas

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