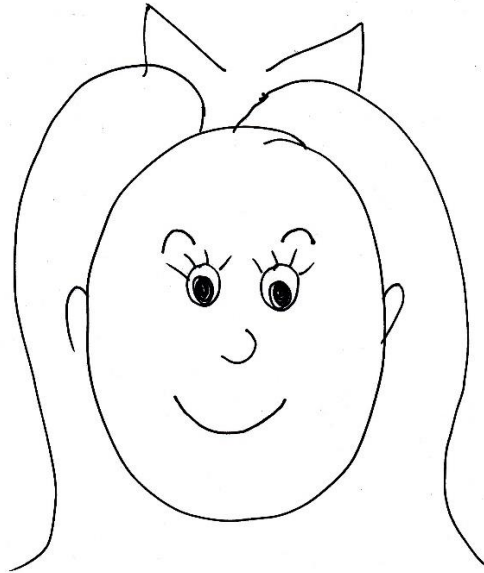


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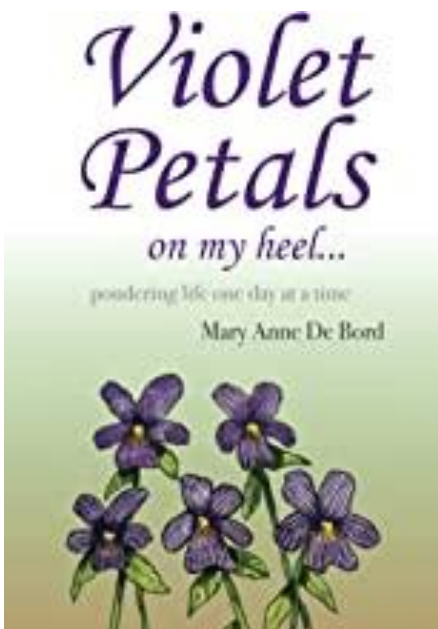
Mary A. De Bord
Advisory Board Member

Mary writes, lives in Spokane, and joined Spokane Authors in the fall of 2022.

*Continue below for information about Mary's book.
(Includes Amazon™/Kindle™ ASIN codes)*

Violet Petals on my Heel: Pondering Life One Day at a Time

1667858688



Do you allow yourself the luxury of a few quiet moments each day to assess your own life and contemplate where you are headed?

Violet Petals is a random series of daily thoughts, stories and experiences meant to prompt introspection and hopefully inspiration. Consider the choices offered to you each day, each moment, and how you might thoughtfully respond to life, instead of rapidly reacting. There are signs all around you guiding you on your journey. Slow down and take notice. There is also an entire universe within you just waiting to be discovered and

acknowledged; unexpected whispers in your mind directing you to your happiest most harmonious life.

Allow yourself some quiet, uninterrupted time to discover your Divine purpose, to pay attention to your feelings, and to inform your best intentions. Day by day we can improve ourselves, and together, our world.



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