



A Yummy "Yes" to Life!: Delicious Keys to Showing Up For Yourself

Jessina DeMarco

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The intention of this workbook is for daily use and application. Your daily activity and participation will assist you in obtaining the results that you desire. Each week you will receive an inspirational quote, along with my reflection of that thought, idea, concept or philosophy. The object in this is for you to apply this quote as to how it resonates in your personal life. Just like in life, your results will be in direct proportion to the effort you invest in it. Be sure to make this a fun adventure! It starts right now! The goal is to see how far you've progressed. Starting with today's date, schedule in your planner, calendar, etc., 11 months from now, to order your next book, and excitingly do it all over again! I'd definitely like to hear from you with any positive reports or shares on your venture. Feel free to email me your comments and a summary of your progress to jessinad@sbcglobal.net.

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