



# TDJ Virtual Brunch

*Energy is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus.. —Oprah*

Compassion

Mindfulness

Journaling

1.

2.

3.



## *About Kimberly:*

*I'm the author of six books, a psychotherapist in private practice, and host of the Tranquility du Jour podcast. I've been teaching, studying, and practicing tranquility for two decades and my mission is to help women find more ease.*



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