



Live Free: Eliminate the If Onlys and What Ifs of Life

Kendra K. Smiley

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Women today need to be reminded that regardless of their situations, they have the power to control their attitudes. Kendra Smiley has written *Live Free* to teach women that they can make choices which will help them develop and maintain a positive state of mind. She introduces us to women who share their real-life experiences to show readers by example how to make those empowering choices.

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