

Mp3 Honey B - Soul Survivor



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Love songs, poetry, and spoken word to encourage and inspire you. 14 MP3 Songs in this album (47:33)
! Related styles: URBAN/R&B: Neo-Soul, SPOKEN WORD: With Music People who are interested in Jill Scott Angie Stone Gladys Knight should consider this download. Details: As a singer, songwriter, and entertainer, I gratefully release Soul Survivor; a compilation of songs which reflect my journey along the path to wellness. It represents my outcomes as I learned to: -give and receive love -release negative thoughts and actions -embrace my power -love myself After a mammogram in April 2005 I was told to remain for additional tests, while my doctor was contacted. This was my wake up call, the day that time stood still, and the beginning of my journey to me. Initially experiencing a wide range of emotions, reality soon confronted me with my charge. Throughout the process I was encouraged and supported by family, friends, and my health care providers. I embrace meditation, visioning positive outcomes, daily prayer, laughter, and good nutrition. By developing positive lifestyle changes, and establishing effective routines I have learned acceptance and accountability for living this gift of life we call the PRESENT.

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