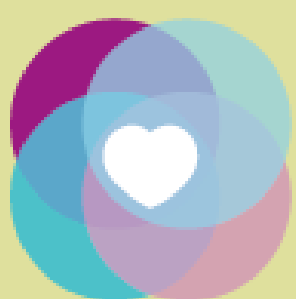


## Slowing Down Affirmation

"I move through today  
with self-patience,  
self-love and grace"

Staying Centered



**Kristen Darcy**

Author | Divorce & Fertility Coach | Speaker