



# **Little Steps to the Big Bounce Back: Short Quotes of Wisdom to Stimulate the Tired, the Frustrated, the Overwhelmed, & Those Fed up & Ready to Take Their Life Back**

*A. Lenise Kouture*

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Stressed out. Fed up. Boxed in. Tired. Weak. On your last leg. Up against the ropes. Life often will throw a series of punches that will land us flat on our backs with no idea how we are going to get up. At times like these, there's a battle going on between our head and our heart. We want to maintain hope, but in our heads we are struggling to ward off the on-sledge of fear, doubt, weariness, and depression. These small doses of stimulation are written and curated by lifestyle expert A.Lenise, a noted speaker and founder of Kouture by A.Lenise a series of lifestyle guides devoted to upwardly mobile living. Her words of wisdom are designed to center your mind, channel your thoughts and propel you into a new realm of thinking. There is nothing else left to lose. Seize the opportunity now.

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