

# Feel More Alive!

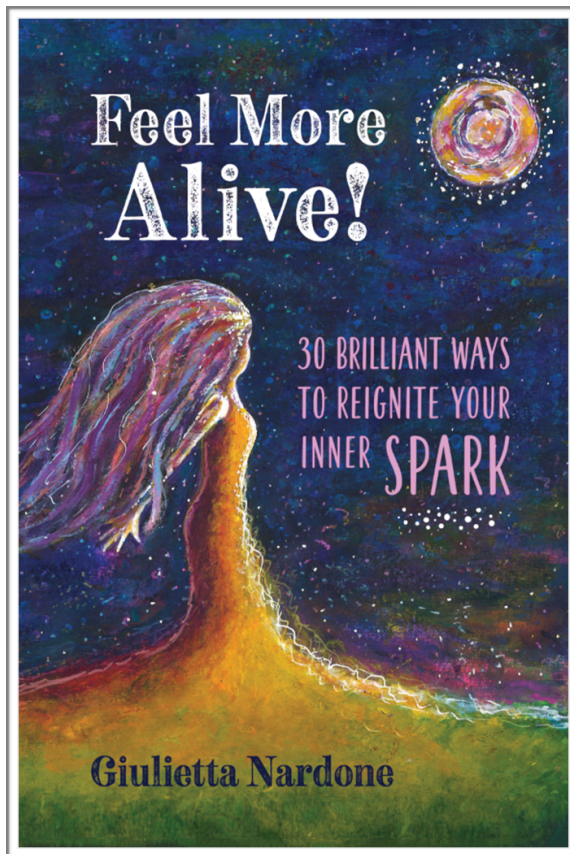
30 BRILLIANT WAYS TO REIGNITE YOUR INNER SPARK

**Giulietta Nardone**

**WANT TO RECLAIM YOUR INNER SPARK?** Feel more in charge of your pathway through life. So long, Self-Help. Hello, Self-Hope, an inspired process of doable action steps that lead to an exponentially more dynamic life. Once you learn how to fill yourself up with hope, you can do just about anything.

Giulietta Nardone's journey toward self-hope began with the unexpected loss of her voice, due to a rare neurological condition. Doctors said she'd never sing again and be rendered mute. Faced with surrendering to sadness or seeking fulfillment off stage, she seized the opportunity to challenge the naysayers and embrace the cards she'd been dealt. Triumphant in singing, writing and painting, she launched a life-enhancing adventure called *Feel More Alive!*

Bursting with thirty relatable stories, this gem is divided into five "ALIVE" sections: Awaken, Liberate, Improvise, Visualize, Express, each illustrated with one of Giulietta's award-winning, magical paintings. **Part memoir, part art gallery, part feel-better guide**, this unique book will reignite your zest for living and transform your life into a glorious adventure.



**SELF-HELP / Motivational & Inspirational**

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**GIULIETTA NARDONE** is an inspirational writer, painter and singer living in Massachusetts with her husband and two frolicsome cats. She leads imagination and creativity programs in person and online, and gives "magical" talks with her imperfect, unforgettable voice. Meet her at [giuliettanardone.com](http://giuliettanardone.com).



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