

## Become Part of the Community

Dear Reader,

I want to take a moment to express my appreciation for the time you have spent reading my book. I hope it has left you feeling empowered to enjoy life, and accomplish your dreams.

I'd also like to invite you to join the community of myself, my friends, and my readers, by following my blog or Instagram, or contacting me directly if you'd like to chat:

Blog: [www.beyondmedana.com](http://www.beyondmedana.com)

Instagram: @beyondmedana

Email: [hithere@beyondmedana.com](mailto:hithere@beyondmedana.com)