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VA HEALTH & WELLNESS



Heal Your Sh#t

Shift Your Mind, Body and Spirit

With Marni



Heal Your Sh#t with Marni Archives Available

Do you feel stuck, self-doubt or physical/emotional pain? Chances are you have low self-esteem which can impact every part of your life. My goal is to help you heal and begin reclaiming your self-esteem. When you tune in to my show you'll hear inspiring stories and ideas to adapt to your life helping you shift.

Many of my clients say "I want what you have." I'll share how I reclaimed my self-esteem. Healing is choosing change. Are you daring, committed and eager to move past feeling stuck, self-doubt and pain? Ready to shift your mind, body and spirit? It can stir you up, yet most day

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