



Uncommon H.O.P.E.: A Powerful Guide to Creating an Extraordinary Life

Kathleen Hall Dr.

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Every day, the little constant stresses and anxieties leave us feeling unfulfilled, not living the best life possible. But what if the life we want to live is with in our grasp and we don't even know it?

Kathleen Hall had a powerful career on Wall Street, a beautiful home, and a physician husband. But under the surface she was miserable, sad, anxious, and hollow. She knew there had to be more meaning to life, and she set out to find it, studying with the Dalai Lama, Thich Nhat Hanh, Desmond Tutu, and others. What she found was that the answers lie in something so simple, we all already have them in our possession. That path is H.O.P.E.: a simple way to live an inspired life in a stress-driven world. *Uncommon H.O.P.E.* takes the reader through each element of this path to free living:

- **HONESTY**
- **OPTIMISM**
- **PERSEVERANCE**
- **EN-JOY**

Uncommon H.O.P.E. is not about giving up our wealth, quitting our jobs, or moving to the mountains. It is a movement to bring the wisdom of conquering stress to our everyday lives, from a person just like us who changed her life and found a way to personal freedom. Discover the power of *Uncommon H.O.P.E.* today, and live the life you were meant to live.

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