



The Fourteen Day Soul Detox (Volume 1)

Rita Stradling

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The Fourteen Day Soul Detox (Volume 1) Rita Stradling
Volume One of the Serial.

In the next fourteen days, I plan to:

Body

- 1) Cut back on my coffee intake.
- 2) Gain some of my weight back.
- 3) Start getting some exercise again. Yoga? I don't know.
- 4) Sleep.

Mind

- 5) Take on my daughter's school board.
- 6) Sell my coffee shop.
- 7) Go on a date.

Soul

- 8) Stop wearing my wedding ring.
- 9) Spread my husband's ashes.
- 10) Forgive the woman who killed him.
- 11) Stop sleeping with her ex-husband.

- 12) Remember what love feels like.

- 13) Be happy.

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