



# Take the Leap: Do What You Love 15 Minutes a Day and Create the Life of Your Dreams

*Heather McCloskey Beck*

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**Take the Leap: Do What You Love 15 Minutes a Day and Create the Life of Your Dreams** Heather McCloskey Beck

Go from thinking to doing--from imagining a new life to putting it into practice--starting right now.

Inspirational author and speaker, Heather McCloskey Beck, wants you to know that there's nothing more important than figuring out what makes your heart sing and doing that--every day. We've been trained to think it's not "responsible" to think this way, that there are more important things to life than feeling fulfilled. Yet we yearn for a more creative, engaged life--to feel the rush that comes from doing what we love to do, without worry.

Beck, a popular Huffington Post columnist and creator of the global peace movement, Peace Flash, offers guidance, stories, and dozens of practical suggestions for how to take the leap into the kind of life you've always dreamed of. If you've forgotten what makes you tick, Heather will help you find out. If you know what it is but aren't doing it, she'll help you clear a path.

With Heather's help, you can take the leap from thinking about what life would be like if you could do what you love to doing it. Starting with just 15 minutes. Today.

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