

 LOVE LIGHT NewsLetter

***I am excited to host my VoiceAmerica Empowerment Show-LOVE LIGHT with amazing Guests to cultivate a lifestyle of love and wholehearted connections through worthiness. My show is aligned with my mission to live an altruistic and heart centered life.***

 **MEET GUEST AUTHOR**

 **Meena Menezes**

 **February 14, 2020**

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 ***“Building Resilience Through Self-Love”***

 **ABOUT Meena Menezes**

 **Author and Speaker**

***“I worked as a journalist for one year in the Middle East (Bahrain) and also as a freelance writer/ghost writer. As an active blogger on social media, I truly believe in the power of positive thinking. I hope that such thoughts will inspire and motivate others to never give up but choose to believe in themselves and draw on their inner strength to reach their goals and make their dreams a living reality.”***

**Meena gave up a full time job to follow her dream and indulge in her passion for writing. With two e-books, “*Dream* *Home* *Believe”* and “*Thoughts* *for* the *Soul”*, she recently published a book entitled, “*Life* is *Beautiful*, which is a compilation of thoughts, quotes and personal stories of courage and perseverance. Her books are based on inspirational thoughts on life, love, relationships and most importantly, living with an attitude of gratitude. She is currently working on her next project which is a book of short stories inspired by the lives of women who overcame their challenges and proved that they are women of substance.**

**Her conversation on “*Building* *Resilience* *Through* *Self*-*Love*” highlights the importance of loving and respecting yourself before expecting it from others, because we are worthy and we deserve to be happy. “*Your* *self*-*worth* is *determined* *by* *how* *much* *time* *and* *effort* *you* *invest* *in* *yourself*, *doing* *what* *makes* *you* *happy* – *Life* *is* *Beautiful*. -Meena**

 **Meena’s Empowering Message**

 **“*Resilience* *is* *your* *new* *reality”***

**Meet Meena on Facebook -*Meena’s* *Thought* *of The* *Day***

 **“An empowered self is a loving self and keep your love light shining”**