



Dear Family, Friends,
and Community,

I honor and value your time. Therefore if you wish to unsubscribe, please do. However, I ask that you read this email in its entirety before doing so because the next chapter of our journey has a lot to do with each of us since we have crossed paths at some point!

Just a reminder, I have joined forces with...

Florida Balance Centers (FBC) & Acupuncture
and Integrative Medicine (AIM)

We specialize in Inner Ear Problems
(vertigo, dizziness, & balance) and (Pain Management)

check us out at -- Balancecenters.com

If you haven't watched our 3 Part Health Series on how to get your **"CRAZY"** under control from a **NUTRITIONAL PERSPECTIVE** in **2023!**

[CLICK HERE](#)

AFTERALL
EVERYTHING IS CONNECTED;
□MIND, □BODY, SPIRIT! □

DID YOU HEAR ☐ THE NEWS?

We are now a *sliding scale clinic!!*

If you are in need or you know someone who is, please reach out and let's see how we can help!

We operate on a *integrity based system!*

When everyone does their part, *everyone wins* ☐

CALL ☎ TODAY TO GET MORE INFORMATION!
954.987.7077

Recognize and Manage Your Level Of Crazy when dealing with "A SETBACK!"

Many times in life we are on a course to excellence and we are doing awesome☐!!

- we are doing all the right things!
- seeing all our desired results!
- feeling really good!

Then all of a sudden, we hit a wall ☐ and we can't understand what happened ☐☐

How can this be happening if I'm doing everything right?? ☐

Well, guess what?

We are humans!! Challenges are a part of our human experience!

On a deeper level, remember, we are SPIRITUAL BEINGS on a HUMAN JOURNEY ☺☐

Therefore, we are always going to experience some sort of challenge or hardship!

In my upcoming book *"recognize and manage your level of crazy"* we will discuss all the *Fundamental Truths* that we MUST embrace in order to live a happy and successful life, so we can *recognize and manage our level of crazy* with more EASE and GRACE 😊

Here's a quick video to help explain this tool ☐



"When you know and understand yourself, the whole world will know and understand you too, and remember, what's the best that can happen?"
--Alla Esther Levy

ALLA ESTHER LEVY
Emotional Intelligence Specialist, EIS
Minister of Spiritual Healing, MSH
Founder of Ei-EQ Institute

Learn. Transform. Impact.

Alla Esther Levy, | Hollywood, Hollywood, FL 33021-3103

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