



Seize Your Life: How to Carpe Diem Every Day

Jasmine Brett Stringer

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When people hear the words "seize your life" or "seize the day," they often think they have to do something grand, adventurous, or exotic or something that has a monetary cost associated with it. We all have the ability to *Carpe Diem* every day through awareness, action, and appreciation. *Seize Your Life* is a collection of practical and actionable guidance intended to inspire and empower you to *Carpe Diem Every Day*.

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