



Andsherealized: Her Poetic Journey to Self Discovery (Paperback)

By Boom Hari

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Boom Hari (born Harriet Reeves) from Monrovia, Liberia - West Africa began her journey in 2017 when she decided to take a chance on herself. Having reached her highest weight, tipping the scales at 250lbs on her slight 5 foot frame, she had slipped into a dark, hopeless space. Stepping out into a new life of nothing with a passion and a purpose to create something . Evolving, mind, body and spirit, Boom made changes to her lifestyle, adding exercise, changing her diet and finally, changing her mindset. Boom Hari, now owner of Boom Holistic Fitness is committed to helping others find the words in their head, eat right and take their own journey to get out of whatever uncomfortable or unfulfilling situation they are in to experience a fulfilling life. Being lost and alone is a lonely place. Boom Hari is passionate about being there to remind others of their beauty, worth and need for self-care. Enjoy her journey and create one of your own.



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