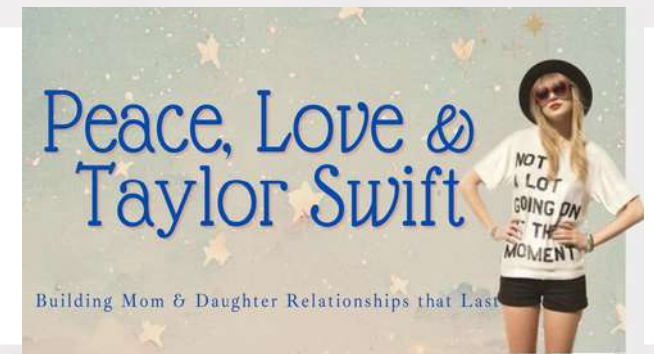


peace, love, taylor swift

Mother & daughter relationships are a lifelong story that unfolds better with these 3 strategies



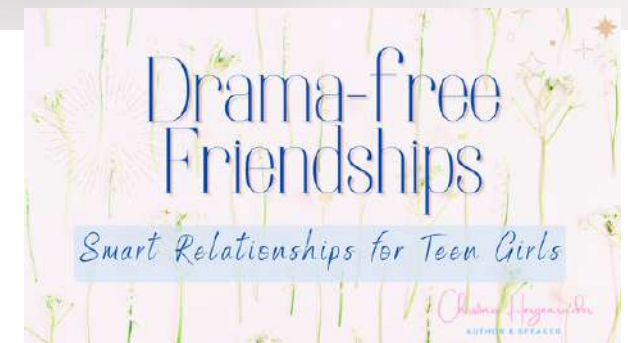
bloom: change your mindset

This is the year to shine, to get unstuck, to see hope in yourself, in your future, and in each other



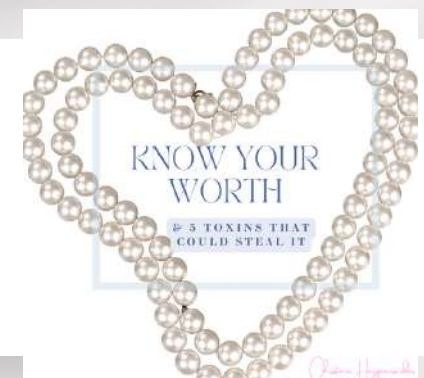
drama-free friendships

Five ways to see relationships and avoid the drama of toxic friendships



know your worth

Remember your value and you'll avoid these 5 toxins that could tarnish it



dirt, diamond, domino

Three ways to better communicate with your daughter, mother, and your team



Christina Hergenrader
AUTHOR & SPEAKER