



# Seize Your Life: How to Carpe Diem Every Day

*Jasmine Brett Stringer*

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## **Seize Your Life: How to Carpe Diem Every Day** Jasmine Brett Stringer

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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