



# Monday Morning Meditations: Empowerment and Encouragement to Motivate You 52 Mondays of the Year

*Lola Troy*

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The weekend has ended. You wake up to the typical Monday Morning messages playing in your mind: “Go back to bed” - “I hope there’s coffee.” – “Is it too late to call in sick?” Instead, start your work week with a motivational message to beat the Monday Blues. Monday Morning Meditations is a collection of thoughts for the 52 Mondays of the year. These meditations are designed to not only get you through the week, but also move you into a place of empowerment; spiritually, emotionally and physically. Change your thought patterns about Mondays and begin to think of Mondays as a way to reset, start new ideas, patterns and mindsets. Let Monday Morning Meditations guide you to embrace the day that most people dread!

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