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How can you add more playful purpose to your life, today?

Even if you only spend a few minutes each day...

Ask yourself “What can I do in *my* life?” Now.



Look at me juggling and jiggling!

Remember, I used to be an *oh-so-serious* Doctor of Oriental Medicine.

Now, I'm still an OMD, but with a magical, funny, much more delicious life.

If I can do it, so can you!