



# Find Your Voice: The Life You Crave is a Conversation Away

*Sahar Paz*

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## **Find Your Voice: The Life You Crave is a Conversation Away** Sahar Paz

From bombs to psych wards. From a war-torn country to the 'land of the free'. Find Your Voice details the incredible journey from self-preservation to self-discovery to ultimate victory for Iran native Sahar Paz. More than a memoir, this book provides tools for reflection and a guide for tuning in to your authentic voice. With Sahar's poignant, personal stories as the backdrop, you will begin to understand the relationship between your inner voice, your emotions and the life that forms around them. Find your Voice reveals the power of your inner voice. You will learn how to listen to her, when to trust her, and how to create the life you crave.

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