



Move On: Reinvent Yourself, Find Contentment, I did. (Volume 1)

Victoria D Schmidt

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Move On ! Reinvent Yourself! Find Contentment! I Did! is an upbeat book about love, loss and hope. It is positive, with a "to do" list for when you are not sure what to do next. You will find a "feel better" guide you can turn to after a major loss, a devastating experience or just a typical bad day. The book has a range of serious topics that include handling finances and developing new relationships as well as eclectic background materials, from the origin of Zumba, to how to create an at-home space for meditation, selecting a pet to finding your "dream job." Uplifting, engaging and enlightening, this book is practical, informative and educational. Its message opens doors to "good life options" and cheers you on to rise up and Move On!

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