

## Dedication

*Living in this new Age of Awakening,  
you can get strong, The New Strong.  
To make your sweetest dreams come true,  
start with your true empowerment, real as the taste of salt.*

*Tiny changes can alter so much.  
Discover when to do a bit less, when to do a bit more,  
and which is your best vibrational frequency to do anything.  
Growing stronger, humanly strong,  
you can awaken as never before.*