

A person is walking on a sandy beach towards the ocean. The sky is a mix of orange, yellow, and blue, suggesting a sunset or sunrise. The water is calm and reflects the colors of the sky.

# **The One-Hour-A-Day Formula**

How to Achieve Your Dreams  
In Just One Hour A Day

by Marelisa Fábrega

# The One Hour A Day Formula Daring To Live Fully

**VM Jensen**



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