



Peace Muscle : Sweating It Out with My Higher Self

Andria Hird



Andria Hird was a stay-at-home mom. She had never written a poem in her life before she was 35. One day something told her to write, so she did. She found a passion for a voice she didn't know she had. She would discover that following that voice would lead her on a path to excavating the hidden treasures in her own heart. This is a lyric journey of self-discovery while standing still in one's own truth, the truth that sets us free.

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