

## Sharon's Talk

<https://www.fit-fish.co.uk/>

[https://mindandsoulfoundation.org/articles/512300/Mind\\_Soul\\_/articles/Making\\_Changes\\_and.aspx](https://mindandsoulfoundation.org/articles/512300/Mind_Soul_/articles/Making_Changes_and.aspx)

[https://mindandsoulfoundation.org/articles/512301/Mind\\_Soul\\_/Articles/Making\\_Memories.aspx](https://mindandsoulfoundation.org/articles/512301/Mind_Soul_/Articles/Making_Memories.aspx)