



Use Knowledge of the Brain to  
**Create a Mind**  
Prepared for Your Future.



*Purchase an E-book, soft or hard cover  
for a teen (or yourself!) in 2023.*

**100%** of proceeds support

National Association for Family and  
Community Education



#### About the book

Are you programming yourself, or is your life programming you? In **Living Life Awake**, author Kristin Walker offers a process of programming your brain to be smart—to do more than help your body survive and exist in a happy state.

The concrete, brain-researched information in this guide ensures you stay on track with your life plans. Walker liberates you from crippling, negative thoughts; shows you how to overcome challenges; and equips you to live life fully. Through seventy-five daily messages, **Living Life Awake** helps you develop a smart brain.

**Dates of Fundraising: January 2023 to June 2023**

Questions? Contact Kristin at [kristinfce@yahoo.com](mailto:kristinfce@yahoo.com)