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You are seen, you are loved, and you are heard!

Before Tabitha Brown was one of the most popular personalities in the world, sharing her delicious vegan home cooking and compassionate wisdom with millions of followers across social media, she was an aspiring actress who in 2016 began struggling with undiagnosed chronic autoimmune pain. Her condition made her believe she wouldn't live to see forty--until she started listening to what her soul and her body truly needed. Now, in this life-changing book, Tabitha shares the wisdom she gained from her own journey, showing readers how to make a life for themselves that is rooted in nonjudgmental kindness and love, both for themselves and for others.

Tabitha grounds her lessons in stories about her own life, career, faith, and family in this funny, down-to-earth book, built around the catchphrases that her fans know and love, including:

Hello There!: Why hope, joy, and clarity are so very needed

That's Your Business: Defining yourself, and being okay with that

Have the Most Amazing Day . . . : Choosing joy and living with intention

But Don't Go Messin' Up No One Else's: Learning to walk in kindness even when the world doesn't feel kind

Like So, Like That: Living life without measurement

Very Good: Living in peace and creating good from the bad

Rich with personal stories and inspirational quotes, and sprinkled with a few easy vegan recipes, Feeding the Soul is a book to share--and to return to when you want to feel seen, loved, and heard.

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