



EXISTENCE PLUS

THE AWARENESS MAGAZINE OF TODAY



PAGE 108

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Dr. Stephanie Lamour

HOW GOD SAVED MY MAN

AUGUST

FREE

COMMUNITY
AWARENESS



STAY FIT
CULTURE .COM

DON'T BE

COMFORTABLE
IN YOUR

LAZINESS!

“No one sews a patch of unshrunk cloth on an old garment, for the patch will pull away from the garment, making the tear worse. Neither do people pour new wine into old wineskins. If they do, the skins will burst; the wine will run out and the wineskins will be ruined. No, they pour new wine into new wineskins, and both are preserved.”

- I AM

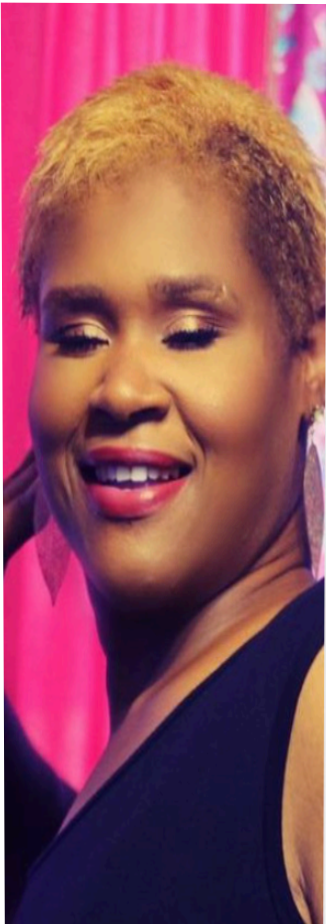
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“HOW GOD SAVED MY MAN”

Dr. STEPHANIE LAMOUR

Dr. Stephanie Lamour is a Christian Life Coach who specializes in helping women heal from hurtful and toxic relationships. Coach Steph is also the creator of the self-development organization Lamour

LIFE EMPOWERMENT



Empowers and is the author of the children's book "The Praying Princess " and the book "Gods Got Your Man," assisting women to find love after hurt. Coach Steph creates and facilitates workshops and programs that support individuals in discovering, and owning their own empowerment. Coach Steph has had success with empowering others and found her passion in working with youths. As an adolescent, Coach Steph experienced severe bullying and

Stephanie believed what saved her throughout all her trials is her connection with the divine and the power of prayer. As





WE
GROW
TOGETHER

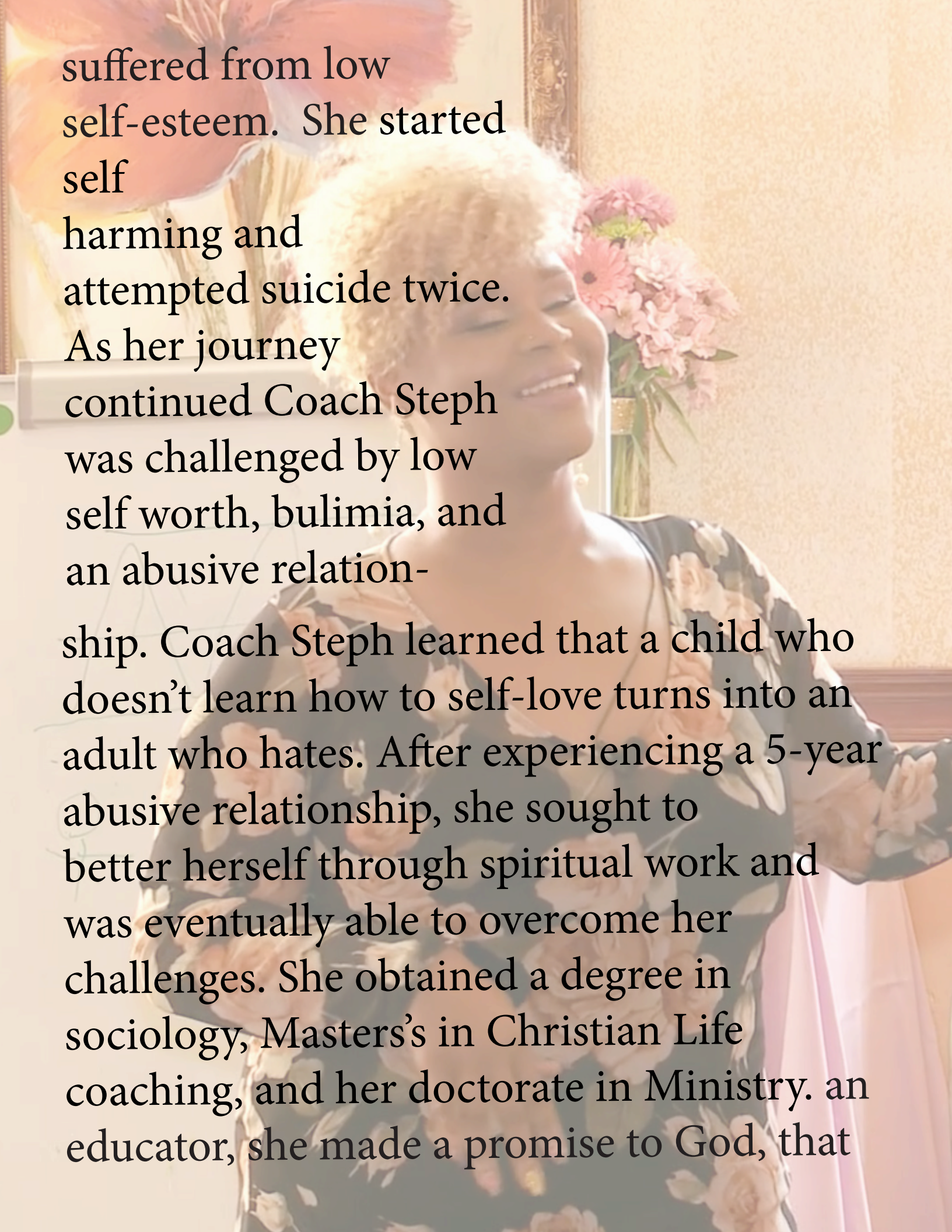
God's Got Your Man

Discover How to Stand in Your Power REGARDLESS Of Your Past Experiences. Do This With Love As You Prepare To Receive Your God-given Man!



GOD'S GOT YOUR MAN BY STEPHANIE LAMOUR

STEPHANIE LAMOUR




suffered from low self-esteem. She started self

harming and attempted suicide twice.

As her journey continued Coach Steph was challenged by low self worth, bulimia, and an abusive relation-

ship. Coach Steph learned that a child who doesn't learn how to self-love turns into an adult who hates. After experiencing a 5-year abusive relationship, she sought to better herself through spiritual work and was eventually able to overcome her challenges. She obtained a degree in sociology, Masters's in Christian Life coaching, and her doctorate in Ministry. an educator, she made a promise to God, that

A photograph of a man with a beard and short hair, smiling broadly. He is wearing a dark t-shirt with the words 'WE GROW TOGETHER' printed in large, bold, yellow letters. A woman's hand is visible on the left side of the frame, resting on his right shoulder. The background is a bright, slightly out-of-focus indoor setting with a window and a chair. The text is overlaid on the top half of the image.

as he allows her to tell her story, as long
sends people he wants her to serve, she will
continue to build and grow a
spiritual-based service to support personal
growth. Coach Steph provides daily

empowerment for women who are
healing from toxic relationships
in her group Divine Sisters Club
on FaceBook.

Stephanie alongside her husband
Reonard, continues to transform



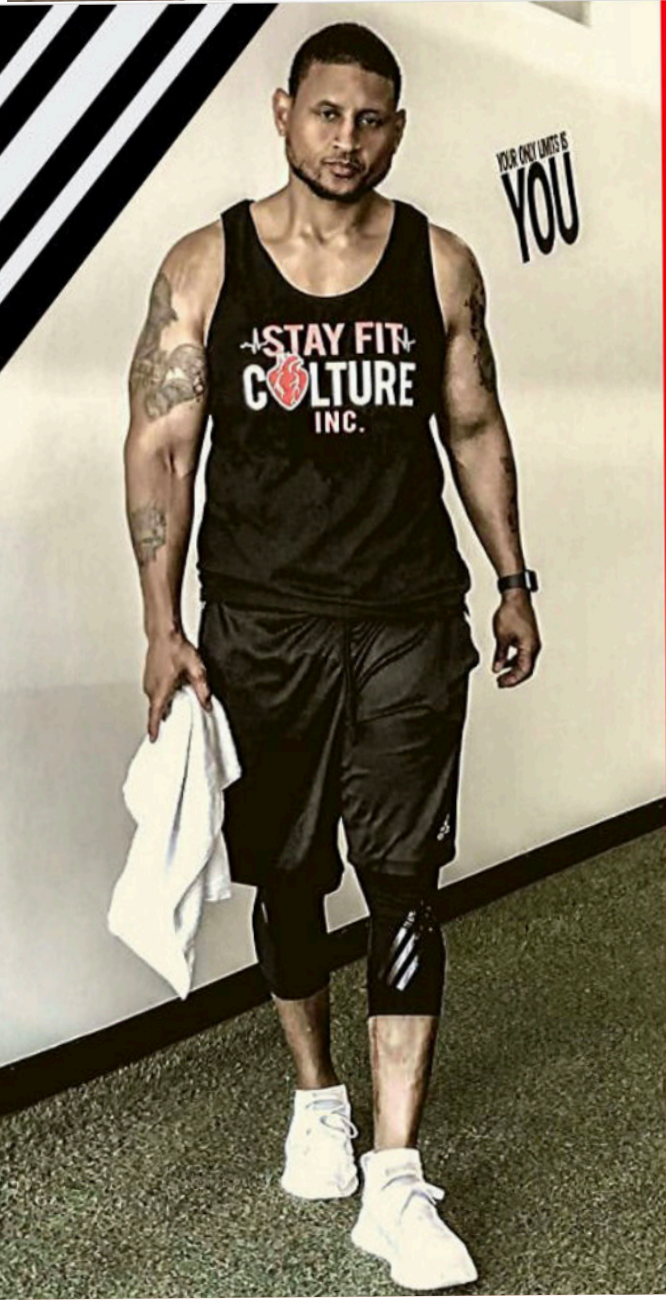
through
Lamour
Empowered
workshops. This
journey started
with Stephanie in
a quest of
answering the

question, “Who am I?” Now that she knows who she is and whom the creator has called her to be, she is filled with gratitude that she gets to teach others to do the same through her Coaching, books, and ministry.

e to support personal growth. Coach Steph provides daily empowerment for women who are healing from toxic relationships in



her group Divine Sisters Club on FaceBook. Stephanie alongside her husband Reonard, continues to transform lives with love through Lamour Empowers workshops. This journey started with Stephanie in a quest of answering the question, “Who am I?” Now that she knows who she is and whom the creator has called her to be, she is filled with gratitude that she gets to teach others to do the same through her Coaching, books, and ministry.



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STAY FIT CULTURE INC.

How did I become a fitness guru? I didn't become a guru from things that I knew, I became a guru from experience. Experience from building relationships, interacting with and learning from a variety of people from different cultures, religions, and walks of life. I also learned how different people find happiness or cope when it is lacking in their lives. My brother and I built Stay Fit Culture inc. We wanted to create a system that empowers people, a system that does not show division but rather



builds camaraderie and embraces a culture of healthy lifestyles.

We strive to be the example of excellence, and excellence comes from practice. Greatness doesn't just happen, it comes through preparation, and good preparation prevents poor performance. With greatness there are no days off, you have to strive to be great every day, especially on the days you don't feel like it, those are the days that count the most. When people see you always pushing the envelope of perfection they tend to fall in line or remove themselves from that circle. Attitude reflects leadership, most times we lose friends but that's ok, successful people always have small circles, this is why Lamborghinis have two seats and buses have 30. It is incumbent upon us at Stay Fit Culture to raise the bar and the culture of the fitness industry. I realized with that comes difficulty but to whom much is given much is required. We are trying to add years to people's lives. It takes a different mind to believe that they can change the world. I believe what we do today will change tomorrow. I started this process with myself, I was my first client, I decided that I wanted to help people live, this is how "The Guru" was created and Stay Fit Culture was formed with hopes to create a legacy that someday will proceed me with the work that I've done and continue to do, by building and empowering families & creating healthier living. K. Carter



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EX

Richie Luchese
THE KING OF JAZZ



JASON
ACKERMAN
The living Galler



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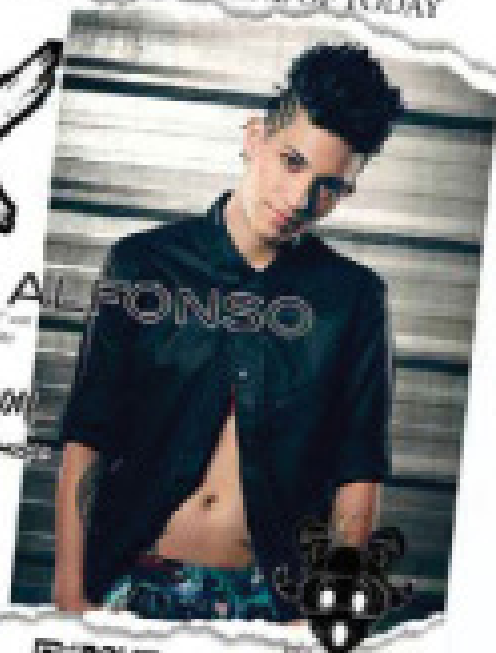


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MEGZ ALFONSO

Jelony Robinson
THE SOUND OF THE HEART



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