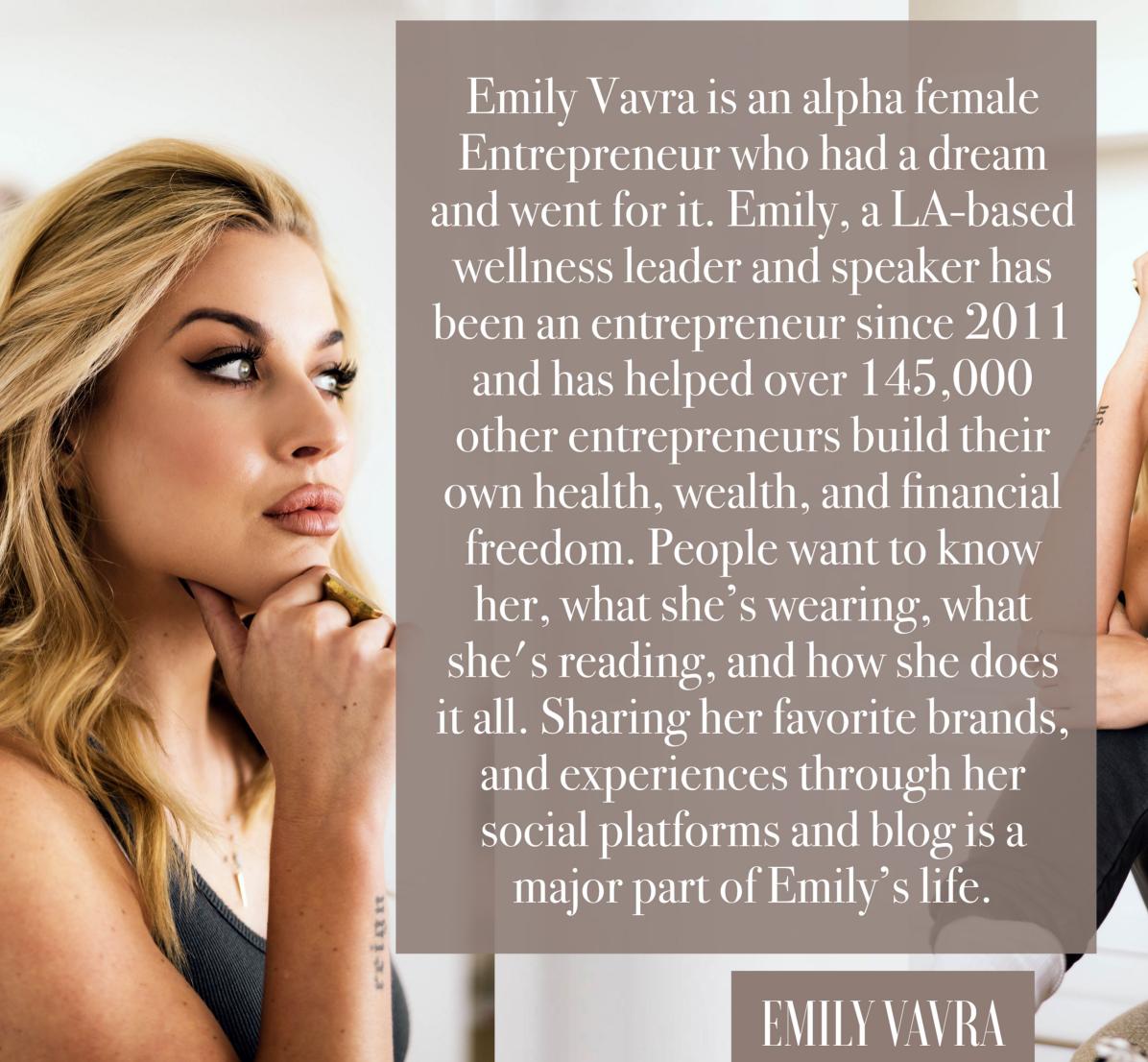


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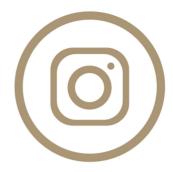
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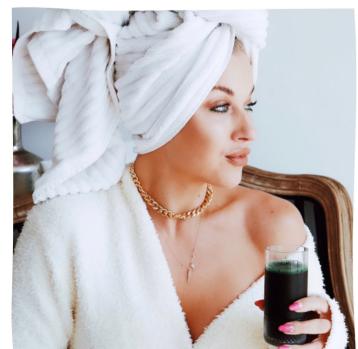


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Emily Vavra is a lifestyle leader. She shares her tried and tested tips on health, fitness, style, and achieving financial freedom.







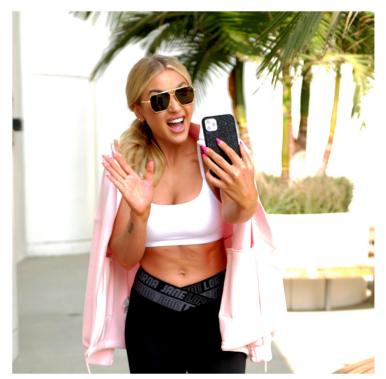


BEHIND THE SCENES





Emily Vavra curates original content that is produced by her and her team.





Emily Vavra is an international keynote speaker in arenas packing 12,000+ people, speaking on business coaching, mindset breakthroughs, motivational stories, becoming 1% better and more.



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