



*MaShani  
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Motivational Speaker, Coach,  
Author & Podcast Host

MaShani Allen is an esteemed author, speaker, ordained minister, and coach, renowned for her expertise in Biblical wisdom and journaling as a tool for personal growth and transformation. As the host of the Tear Talk podcast, available on all platforms, MaShani has shared profound insight on the life-changing impact of journaling.

## SIGNATURE TOPICS

- ✓ Women Empowerment
- ✓ Wellness and Self-care
- ✓ Journaling and Writing
- ✓ Being Your Authentic Self
- ✓ Spiritual Wisdom and Maturity
- ✓ Healing & Self-Discovery

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