

# Spirit of the Lake Native Boutique

## Video Clip 9: Transformation

**Tasha:** Yes. Yes. Yes. Amazing. I can't believe. Even, like, just from... Even my look, like... So, I used to be a lot heavier. Like, I am heavy. I am heavy already, but I was a little bit heavier, and I can... I noticed, but that was like stress and just not happy at my other job. And, you know, like loving what you do just totally does... It changes your whole mental wellness aspect of your life.

Please note that this transcript has been slightly modified; it is not a verbatim copy of the original audio clip.