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A New You is a resource to help you navigate any form of change. Whether it be positive or negative change, losses or gains, A New You provides direction and concrete guidance for moving through even the most complex changes. Through a sharing of tips, responses to your questions, step-by-step processes and personal anecdotes, the show creates a road map for personal transformation. Holding space for you to explore all angles of changing and sometimes confusing dynamics, A New You gives permission to honor every stage of the change of experience, even the most trying and difficult. You'll expe

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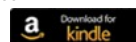
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