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October 14th 2013: Increase Energy and bring back enthusiasm

A lack of energy and enthusiasm can influence your entire life! Making fitness a priority in your life will result in increased energy and decreased stress! However, change isn't always easy! In the beginning you may feel overwhelmed, frustrated, and discouraged at times. My guest this week is Diane Altomare. Diane is an expert in helping people reach their highest level of fulfillment and purpose. Are you ready to Ignite your life?

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Featured Guest



Diane Altomare

Diane Altomare is a professional speaker, coach and author. Known as "The coach with the authentic, gentle & laser-focused approach", she has a gift for nailing the deep truth behind any situation.

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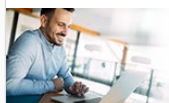
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