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## The Self Improvement Show

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**September 14th 2017: The Future of Mind-Body Medicine**

Technology is giving us a clearer look into the mind. We can now see how emotions, thoughts, and reactions to events affect our mind and, in turn, our physical body. Science is now telling us things that the mystics have known all along—that we are holistic. What affects one part of us affects the whole of us. Mind-body medicine looks at the whole person with the intention of restoring the natural wisdom of the body to heal. More people are turning to holistic modalities and, at the same time, traditional medical practices are utilizing aspects of mind-body medicine to create “Integrative” med

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### Featured Guest

Guest Image

#### Dr. Joseph Cardillo

Dr. Joseph Cardillo, PhD, is an inspirational speaker and sought-after expert on energy teaching. He is a best-selling author of several books in the fields of health, mind-body-spirit, and psychology. Further, he is an expert in attention training and creative thinking and has taught more than 20,000 students in various colleges, universities, and institutes. He holds a doctorate in holistic psychology and mind-body medicine and is a regular contributor to the Huffington Post, Psychology Today and other leading publications. Dr. Cardillo received the prestigious 2011 SUNY Chancellor's Award for Scholarly Research and Creative Activity. His latest book, "Body Intelligence: Harness Your B

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