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**The Self Improvement Show
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November 2nd 2017: Navigating Change**

Who better to talk about navigating change than a respected spiritual teacher and medical intuitive? Laura Kamm will join us to discuss how you can trust yourself to navigate these chaotic times and stay in balance. We will delve into how self-trust enhances your self-esteem and self-awareness. Take a moment to reflect on whether you can “trust your gut” and “follow your heart.” If not, why not? Laura will give us tips on how to keep in touch with your body’s awareness and develop your strengths intuitively by using three basic body awareness strategies. And so much more.

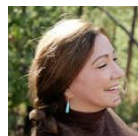
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Featured Guest



Laura Alden Kamm

Laura Alden Kamm is an internationally respected spiritual teacher, medical intuitive, and author.

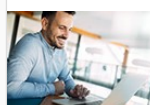
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