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On Choose Your Energy, Change Your Life, Deborah Jane Wells and her guests help you become more insightful, creative, committed, and productive through clear strategies and practical tools.

Deborah helps individuals and organizations learn to harness the transformative power of love to step into their greatness. When we choose fear as our fuel, any of us—individuals and organizations alike—can become stuck in the hamster wheel approach to life. Trapped by the mistaken belief that busyness is the same as purpose, we can't stand the way we're living but feel powerless to change.

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