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The vision of this show is to help you understand how your mind works and using it to manage your emotions, stress, and lives consistently. We cover topics that include relationships, stress, balance, finances, mental and emotional health, divorce, managing fear, psychology of success, psychology of failure and letting go of the past, and building confidence. We provide solutions, tips and strategies that will help you repair, manage and create an amazing life. This is done with high energy, entertaining conversation presented by me and my guests who are invited to the show. We have authentic

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