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April 01st 2013: **The Body Mind Connection with Naila Chauncey Hughes**

As Spring is upon us, we can see everything around us beginning to change. It is our cue as human beings that we must also see that it's time for a change. Join Melissa Brown and her special guest, Lifestyle Coach, Naila Chauncey Hughes as they begin to look at the connection between the mind and the body. With everything we experience in our emotional and spiritual lives, there is often a physical reaction that tends to show up in the form of extra weight on our bodies. This show is sure to give you new and exciting insights into why it can be so challenging to not only release the physic

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