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### The Self Improvement Show Archives Available

**November 04th 2010: Blast Off With Allison Maslan**

This is The Self Improvement Show's official "Blast Off." It brings you a show designed to help you do better, accomplish more and become happier. An "upbeat", quick moving show it will feature guests who are dedicated to and have the track record and "know how" to help you boost your self esteem, conquer bad habits, overcome fears, get motivated, increase your level of happiness – in other words reach your personal self improvement goals. Our first guest, Allison Maslan, has a long and successful track record of helping others. We will discuss her #1 bestselling book, Blast Off! The Surefire

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