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### The Self Improvement Show Archives Available

**January 20th 2011: Meditation – The Most Powerful Self Improvement Tool**

Davidji will share with us his life and responsibilities at the renowned Chopra Center and how it has changed from his days in New York in the corporate world. He will talk about his work in the Chopra Center as its lead educator, Dean of Chopra Center University and V.P. of New Development. We will discuss in depth the importance of meditation for anyone who wants to experience significant personal growth and change and he will close the show with a guided meditation. This is a definitely a show that anyone interested in self improvement should hear.

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