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EMPOWERMENT



**The Self Improvement Show
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March 3rd 2011: Bare Naked Bliss**

Suzanne Toro will share her personal story of transformation and how she was able to overcome unbearable pain and find bliss within herself. She will talk about how she came to write her book, "Bare Naked Bliss" an inspiring meditation and practical guidebook. We will discuss real-life strategies for healing and experiencing more joy in. We will explore subjects of letting go, tapping into the power of silence, balancing the masculine and feminine energies within us, having compassion and the regenerative power of laughter.



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