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EMPOWERMENT



**The Self Improvement Show**  
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**March 24th 2011: Shift: Let Go of Fear and Get Your Life in Gear**

For the past twenty plus years Dr. Jeffrey Hull has been helping people shift out of pain and into possibility! He has developed a powerful (yet, simple!) method--the Life-shifting Method--for breaking through the fear and anxiety (real and imagined!) that stop us all...dead in our tracks and he will share this with us. We will discuss his work and his new book Shift: Let Go of Fear and Get Your Life in Gear. With global political instability and a relentless economic recession causing a seeming endless string of upheavals from job loss, foreclosures, lost income, and divorce, it's no wonder

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