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EMPOWERMENT



**The Self Improvement Show  
Archives Available  
April 28th 2011: The Note Project**

We all like to be appreciated and Mike O'Mary is the champion of showing appreciation. He will share his dream with us – "The Note Project" – his effort to get a million people to exchange notes of appreciation with others. We will talk about his story, how he is implementing the Note Project and what he expects as the outcome. He will share stories with us about how appreciation – both given and received - makes a significant difference in someone's life. What would happen to you and your family if you made appreciation a way of life? Think about it and tune in to hear Mike O'Mary.

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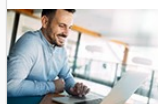
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