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The Self Improvement Show Archives Available

March 15th 2012: Do It Yourself Self Improvement

This will be a true "self improvement show" as Lisa Phillips talks with us about her approach to helping individuals make those changes necessary to lead happy and fulfilled lives. She will share with us her practical but very effective steps to self discovery and transformation covering such critical topics as dealing with limiting beliefs, negative self talk and past debilitating memories. She comes with tools that can help you move from self doubt to self love and from limiting behaviors to self love and success. We will discuss her new book Amazing Coaching DIY Manual: Coach Yourself to S

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