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### The Self Improvement Show Archives Available May 03rd 2012: Why is Life a Choice

Dr. David Washington is, by request, returning to the show to talk about why life is a choice. "If I had to choose, I wouldn't choose this," most people say when they are told that life is a choice. Just what kinds of choices are we talking about? We will discuss intentional action and choice, locus of control, and how we make choices that may or may not be conscious choices. We will discuss the difference between a successful person and those who are not successful and how to keep the limitation of your past from inhibiting your future. If life comes down to a basic question, what is the qu

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