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### The Self Improvement Show Archives Available

**August 01st 2013: Does Your Life Need an Extreme Makeover?**

Mark Bowness is "interested in helping people pull their life back from the brink." When you go to his website you get a popup that says "How to change absolutely everything in your life. Guaranteed" and he warns you: "This course is real, raw and painfully honest. Starting this course will change your life." Brash? Maybe. Over promising? I don't think so. He is not "run of the mill" and what he says may ruffle your feathers but he WILL get your attention and give you some very solid direction. This show, like Mark's course, may be "real, raw and painfully honest," too and my guess is that it

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### Featured Guest



#### Mark Bowness

Mark Bowness is a life change instigator, coach and speaker who spends his life pursuing the answer to one question: What are the principles of life change that if aligned to, would result in dramatic personal, community wide and world-wide transformation? Mark's goal is to instigate a life change that would result in the powerful transformation of your mind, body, spirit, family, relationships and your wealth. Your life change will impact your community and the world. Mark has a degree in Theology, a diploma in clinical hypnosis and is a student of psychology, spirituality and NLP. He was awarded the title of Future 500 'mover and shaker' by The Observer Newspaper 2007

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