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**The Self Improvement Show
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January 16th 2014: The Enchanted Self**

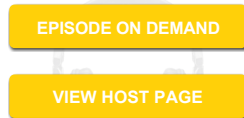
Barbara Becker Holstein will help us take a look at what Positive Psychology means for women and if there are "core concepts" that are different from Positive Psychology for men. She will introduce us to The Enchanted Self(R), a concept that she developed to bring about a paradigm shift designed to help us focus on our abilities and our strengths rather than our disabilities and our weaknesses. Her mission is to teach you to put joy back into your life, while increasing your enthusiasm and energy. Don't we all need that? Women, you won't want to miss this one. Men, if you have a woman in your

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Featured Guest



Barbara Becker Holstein

Barbara Becker Holstein is a positive psychologist in private practice for the past twenty five years. She originated the idea of The Enchanted Self®, a positive psychology therapy where she teaches people how to recognize and utilize their strengths, talents, skills and even lost potential.

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