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### The Self Improvement Show Archives Available

April 3rd 2014: **Be the Best Version of Yourself at Every Age**

Guy Joseph Ale has earned a reputation as a visionary in the field of human lifespan. He is an expert in mind-body-energy coherence and the infinite potential of human nature. We will talk about how to tap into the body's wisdom and how to live your longest and healthiest life. Before the show ask yourself, "Am I the best version of myself? What else can I do, have or be if I just knew how and had the strength and energy to do it?" We will address questions such as: What are simple ways to deal with everyday stress? What is the role of intuition in health and wellbeing? What are self-managemen

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### Featured Guest



#### Guy Joseph Ale

Guy Joseph Ale, DBA, is the Founding President of Lifespan® Seminar and Vice President of Asia Pacific Association of Psychology. Guy's reputation as a visionary in the field of human lifespan has earned him the nickname "the lifespan guy." He received the Eminent in Psychological Science Award at the International Conference on Psychology 2011 "in recognition of invaluable contributions for the benefit of humanity." These contributions are detailed in Guy's book, A Manual for Mastering Your Life, which is a handy guide for stress management, good nutrition, sufficient rest, and active lifestyle. Since 1992 Guy's primary research has been the scientific, spiritual, behavioral, and evolutiona

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