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EMPOWERMENT



The Self Improvement Show
Archives Available
May 29th 2014: Overcoming Anxiety and Depression

Anxiety and depression are dream stealers. Remember your early dreams of success? Perhaps you saw yourself doing what you loved and your success was obvious in your lifestyle. You could have visualized yourself as a successful salesman or entrepreneur, a corporate executive or a rock star, an artist—or whatever. You had the talent and you pursued the education or training that gave you the skills. But life is passing you by as you surf the Internet trying to look busy and fill your time. You may be afraid to pick up the phone and make the call that activates your dream or too "down" to try. Yo

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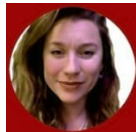
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Featured Guest



Shannon Avana

Shannon Avana is a personal coach and lecturer, living in Berkeley, CA who works with clients on multiple continents.

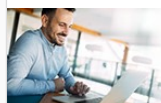
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